



# Year Compass



EXUDE U

2024



2025

# Begin Your Journey

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**New year's resolutions don't work. YearCompass does— for more than a million people around the world since 2012**

**Congratulations on your decision to join people from around the world** in a time of reflection and planning. Translated into 52 languages with over two million downloads, ExudeU is a proud patron of this effort and offers these materials to help individuals Dream Big and Exude leadership excellence! Let's get started on ExudeU YearCompass— your very own YearCompass, to be exact.

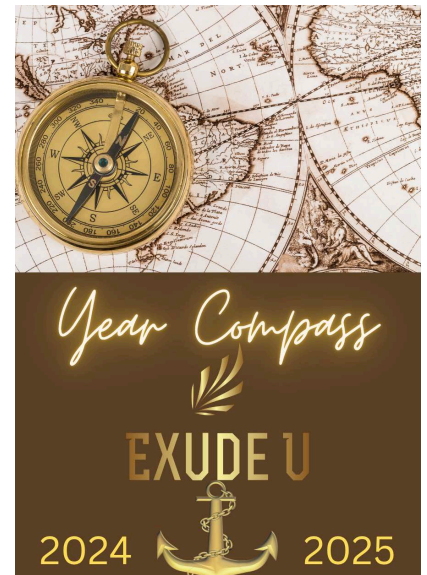
This booklet helps you **reflect on the past year and plan the next one**. With a set of carefully curated questions and exercises, YearCompass helps you uncover patterns and beliefs and design a great new year for yourself. It is a reminder that **life either happens by default or design- Lets start designing your life, one you will love!**

You begin with reflecting on last years highlights and challenges (pgs. 4-12). This helps you reflect, review, learn from, and **celebrate the year you're leaving behind**.

The second part (pgs.13-20) is all about the future. You'll be **dreaming, planning, and preparing to get the most out of the new year**.

## ExudeU YearCompass Guidelines

- Decide if you will complete the booklet online within the pdf or print it out to complete by hand.
- Begin with gratefulness and thank yourself for setting aside the time to take a deep five into your life.
- Prepare your tools and the space around you. Close your eyes and take five deep breaths.
- Let go of your expectations.
- Reflect and respond to the questions.
- You have a permission slip to skip any questions that don't resonate with you or trigger harmful emotions.
- Start when you are ready!



# Journey Roadmap

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*Here is your roadmap to an Amazing 2025!*

*We find that this exercise is much more effective than new year resolutions or even vision boards and we will share with you why this works. Come join our group of big thinkers and go getters for all or any of our three online group sessions. This investment of your time (4-6 hours) is probably less than you spent planning your last holiday or vacation and will set you up for a life you love!*

*The zoom link for the celebration once you complete the plan will be emailed.*

*This booklet, the online sessions and our support are completely complimentary, Really, there is no sales pitch involved.*

You can attend both or only the one you choose. The more you develop community and accountability with others the more successful you will be!

## **ON YOUR OWN - Gratitude, Reflection, and Grace in your life**

Set aside the time to look at the last year through reviewing your calendar, photos and thoughts on your own and then LEAVE that behind except to GROW and focus on the best year ever!

### **ONE - Your Life by Design – Planning an Amazing 2025**

January 8 7PM EST – It is helpful if you have completed the Year Compass booklet (60-120-minutes)

### **TWO - ExudeU YearCompass Office hours and Individual Coaching**

January 15 noon & 7PM EST – Open office hours on your experience in completing the YearCompass, complimentary one-on-one coaching

*Boundaries are respected during these sessions. Everyone will only share things they are comfortable sharing with our community.*

If this booklet was forwarded to you by a friend and you are not already receiving our emails, head to our webpage and provide your email to download the file.

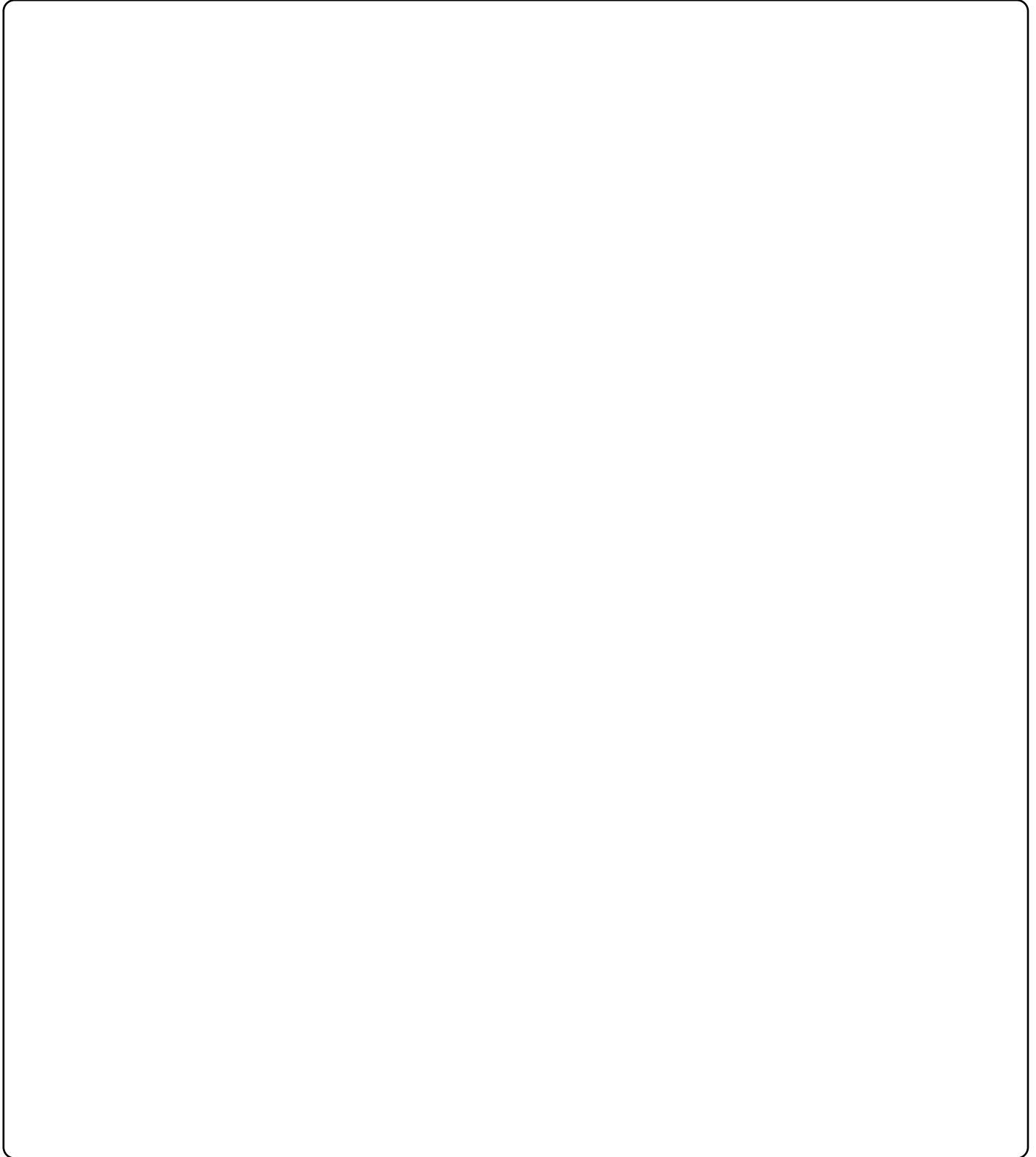
**Join our awesome community in planning an amazing 2025!**

# THE PAST YEAR

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## GOING THROUGH YOUR CALENDAR

Go through last year's calendar and photos month by month. Note important events, family gatherings, friendly get-together or a significant project, [HERE](#).



# THE PAST YEAR

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## THIS IS WHAT MY LAST YEAR WAS ABOUT

We live our lives through distinct but interconnected aspects. Take a look at the areas below and ask yourself what the significant events in each of them were. Write down your answers.

PERSONAL LIFE, FAMILY

CAREER, STUDIES

FRIENDS, COMMUNITY

RELAXATION, HOBBIES, CREATIVITY

PHYSICAL HEALTH, FITNESS

MENTAL HEALTH, SELF-KNOWLEDGE

HABITS THAT DEFINE YOU

A BETTER TOMORROW\*

\* What did you do this year to leave the world in a better shape than you found it? Being a good ancestor to all!

# THE PAST YEAR

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## SIX SENTENCES ABOUT MY PAST YEAR

The wisest decision I made...

The biggest lesson I learned...

The biggest risk I took...

The biggest surprise of the year...

The most important thing I did for others...

The biggest thing I completed...

# THE PAST YEAR

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## SIX QUESTIONS ABOUT MY PAST YEAR

What are you the most proud of?

Who are the three people who influenced you the most?

Who are the three people you influenced the most?

What were you not able to accomplish?

What is the best thing you have discovered about yourself?

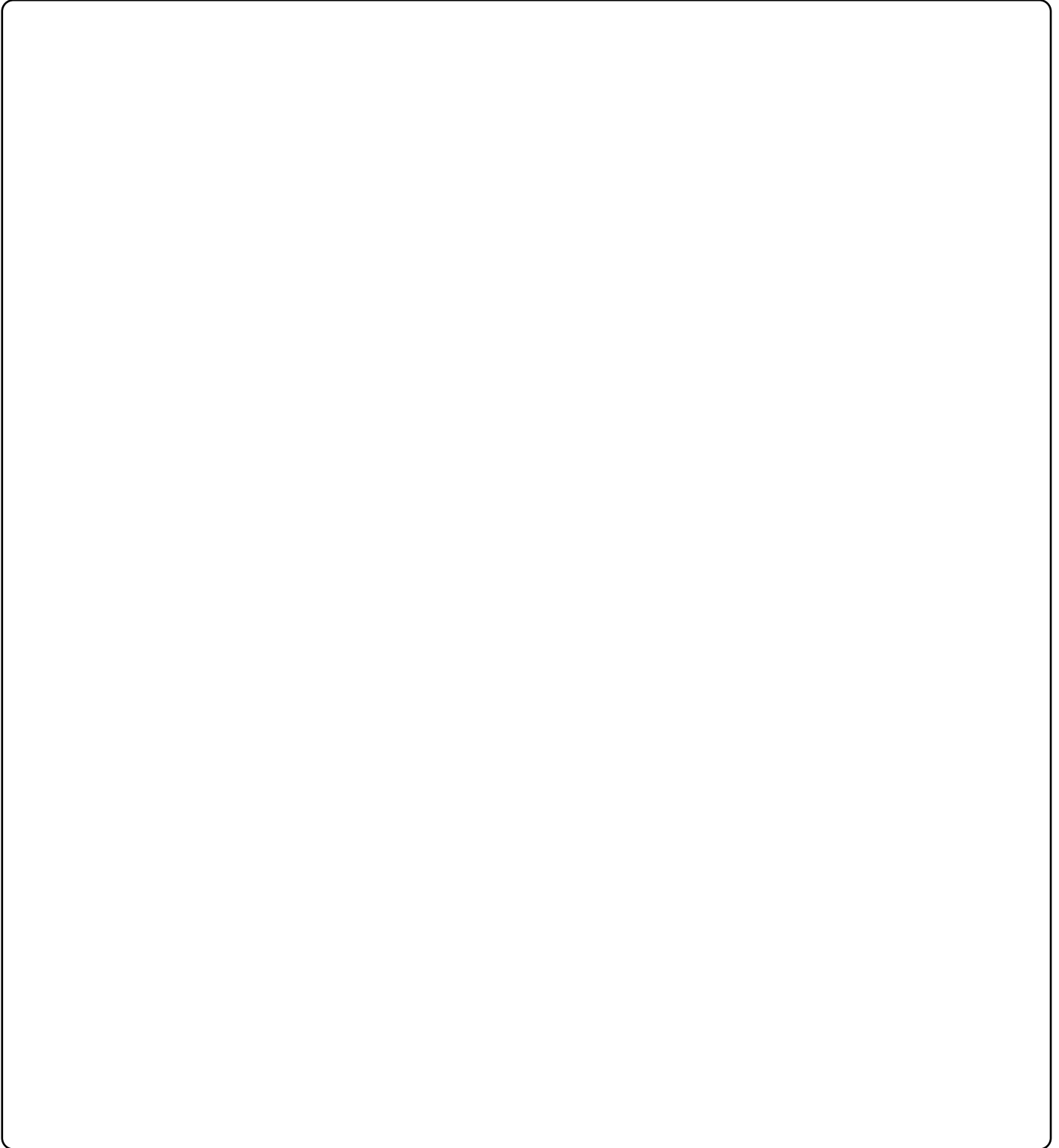
What are you the most grateful for?

# THE PAST YEAR

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## THE BEST MOMENTS

Describe the greatest, most memorable, joyful moments from last year. Draw or write them here. How did you feel? Who was with you? What were you doing? Can you tap into the 5 senses; what did you see, touch, smell, hear or taste?





# THE PAST YEAR

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## THREE OF MY BIGGEST ACCOMPLISHMENTS

List your three greatest accomplishments from last year here.

What did you do to achieve these?

Who helped you achieve these successes? How?

## THREE OF MY BIGGEST CHALLENGES

List your three biggest challenges from last year here.

Who or what helped you overcome these challenges?

What have you learned about yourself while overcoming these challenges?

# THE PAST YEAR

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## FORGIVENESS

Did anything happen during the past year that still needs to be forgiven? Deeds or words that made you feel bad? Or are you angry with yourself? Write it down here. Do good for yourself and forgive.\*

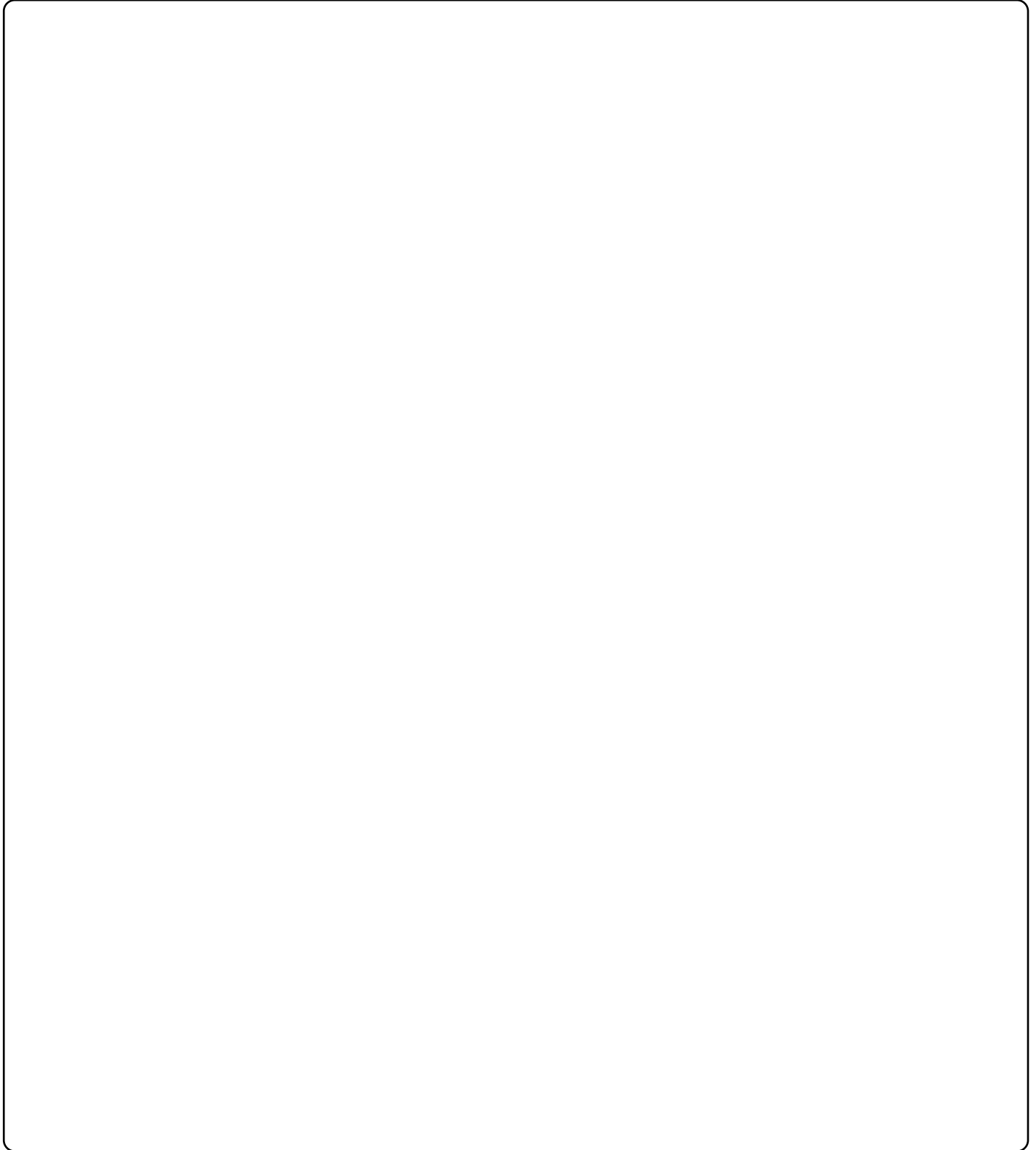
\* If you don't feel ready to forgive yet, note it down anyway. It can work wonders.

# THE PAST YEAR

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## LETTING GO

Is there anything else you need to say? Is there anything you must let go of before you can start your next year? Draw or write, then think about it and let it all go.



# THE PAST YEAR

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## THE PAST YEAR IN THREE WORDS

Choose three words to define your past year.

## THE BOOK OF MY PAST YEAR

A book or a movie was made about your past year. What title would you give it?

## FAREWELL TO YOUR LAST YEAR

If there is anything else left that you would like to write down, or there is anybody you would like to say goodbye to, do it now.

## YOU'RE DONE WITH THE PAST YEAR.

You have just finished the first part.  
Take a deep breath.

Get some rest.

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# THE YEAR AHEAD

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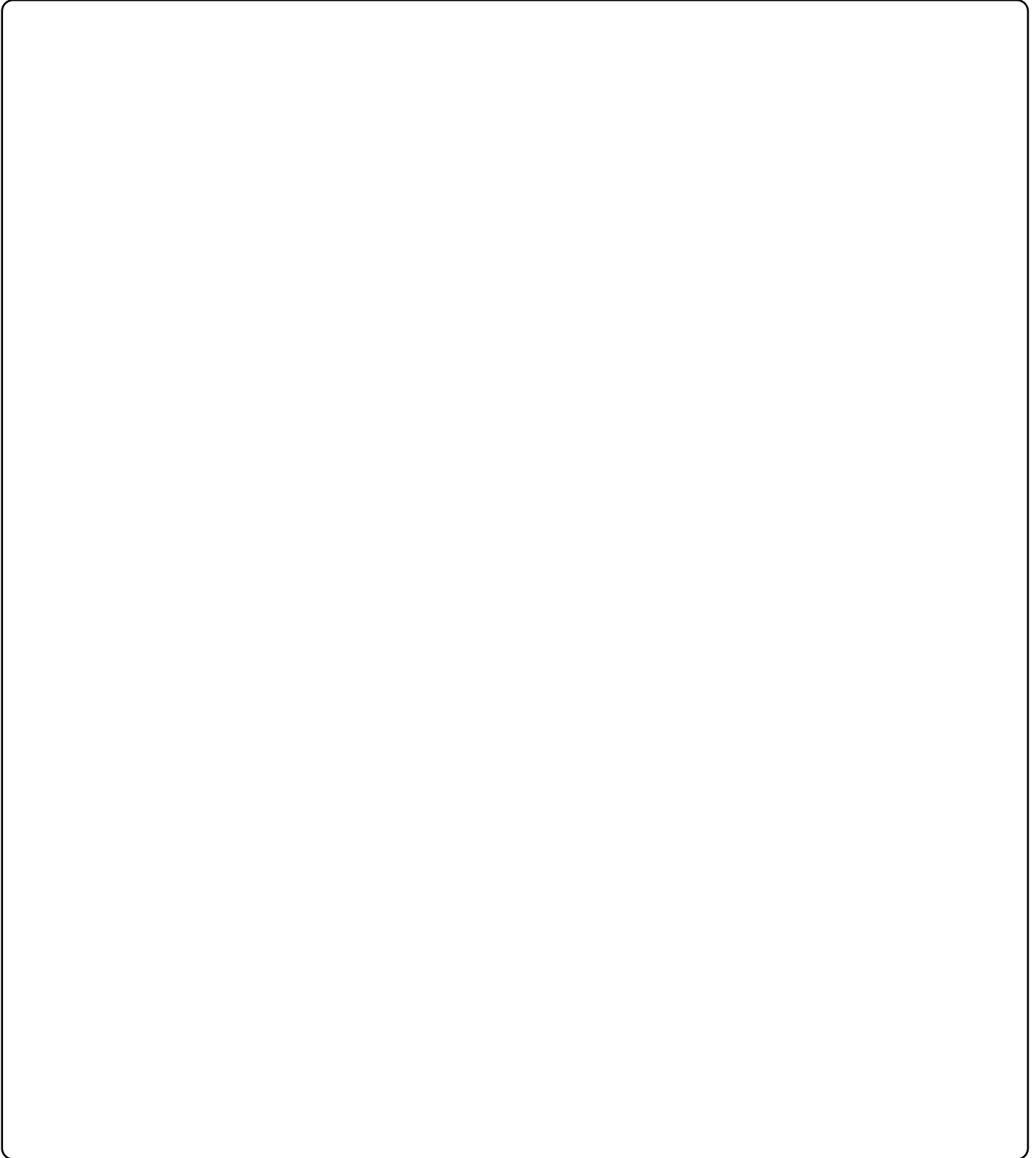
2025

# THE YEAR AHEAD

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## DARE TO DREAM BIG

What does the year ahead of you look like? What will happen in an ideal year? Why will it be great? Write, draw, let go of your expectations, declare intentions and dare to dream.



# THE YEAR AHEAD

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## THIS IS WHAT MY NEXT YEAR WILL BE -MY VISION

Take a look at the areas of your life and decide your goals for each of them for the next year. Put those goals on the page—this is the first step towards realizing them.

PERSONAL LIFE, FAMILY

CAREER, STUDIES

FRIENDS, COMMUNITY

RELAXATION, HOBBIES, CREATIVITY

PHYSICAL HEALTH, FITNESS

MENTAL HEALTH, SELF-KNOWLEDGE

HABITS THAT DEFINE YOU

A BETTER TOMORROW\*

\* What will you do next year to leave the world in a better shape than you found it? A great ancestor for all!

# THE YEAR AHEAD

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## MAGICAL TRIPLETS FOR THE YEAR AHEAD

These three things I love about myself.

I am ready to let go of these three things.

These three things I want to achieve the most.

These three people will be my pillars during rough times.

These three things I will dare to discover.

These three things I will have the power to say no to.



# THE YEAR AHEAD

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## MAGICAL TRIPLETS FOR THE YEAR AHEAD

These three things I will make my surroundings cozy and create a life of ease.

These three things I will do every morning.

These three things I will do every evening.

These three places I will visit.

I will connect with my loved ones in these three ways.

With these three presents I will reward my successes.

# THE YEAR AHEAD

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## SIX SENTENCES ABOUT MY NEXT YEAR

This year I will not procrastinate on...

This year I will draw the most energy from...

This year, I will be the bravest when...

This year I will say yes when...

This year I advise myself to...

This year will be special for me because...

# THE YEAR AHEAD

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## MY WORD FOR THE YEAR AHEAD

Select a word to symbolize and define the year ahead. This word will give you energy and remind you to keep dreaming. Use ExudeU word of the year guidance online session.

## SECRET WISH

Unleash your mind. What is your secret wish for the next year?

**CONGRATULATIONS, YOU'VE JUST PLANNED YOUR YEAR!**

Take a photo and share it with us using the  
#yearcompass and #ExudeU hashtags.

# THE YEAR AHEAD

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I BELIEVE ANYTHING IS POSSIBLE THIS YEAR.

Date:

signature

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Made with love by an international team in Budapest, Hungary.

<https://yearcompass.com/en>

Do you like YearCompass? Share it with your friends! Help us help as many people as possible.

Should you discover any typos, grammatical mistakes, or any other problems,  
be kind and drop us a line at the website above.

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