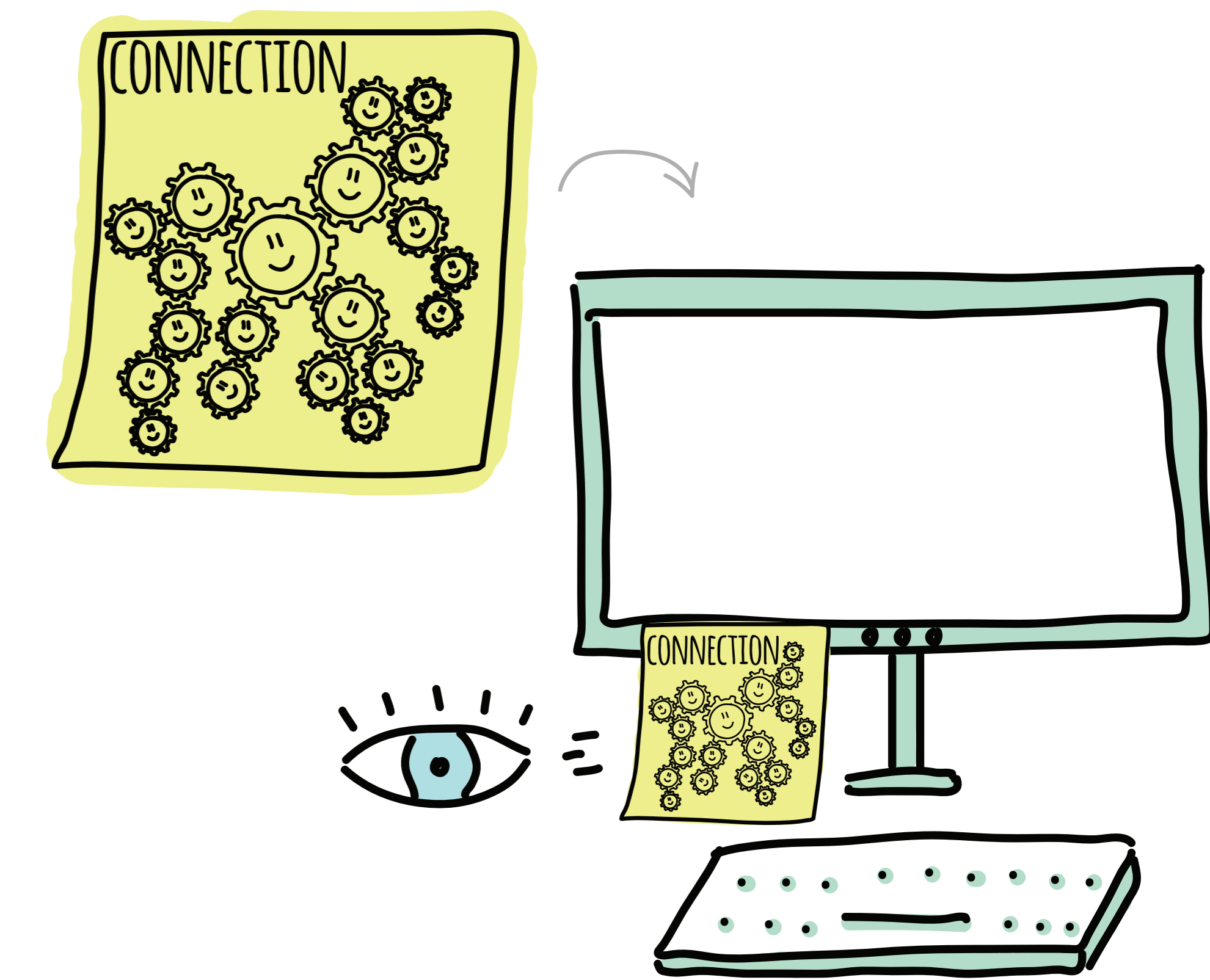
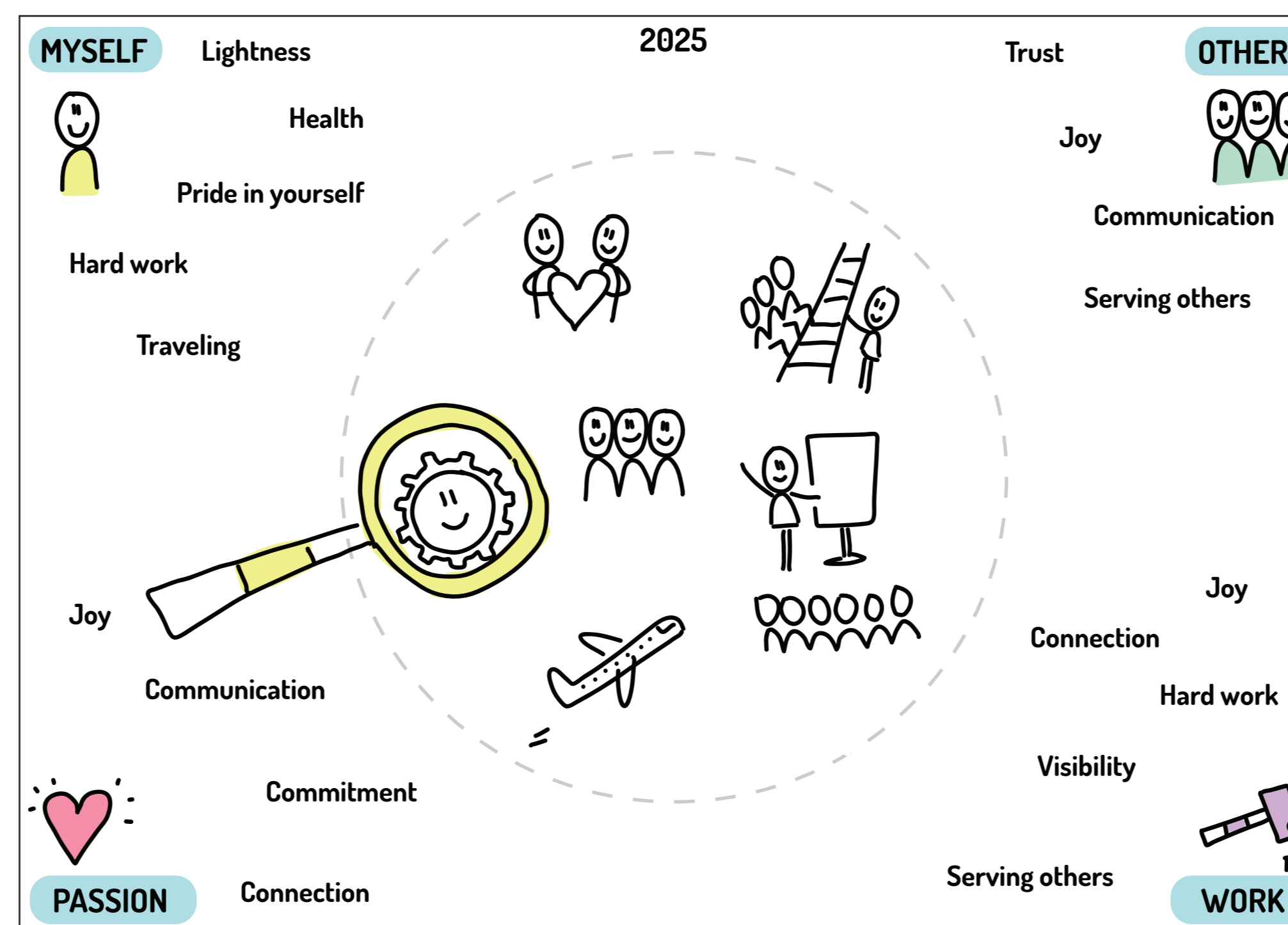
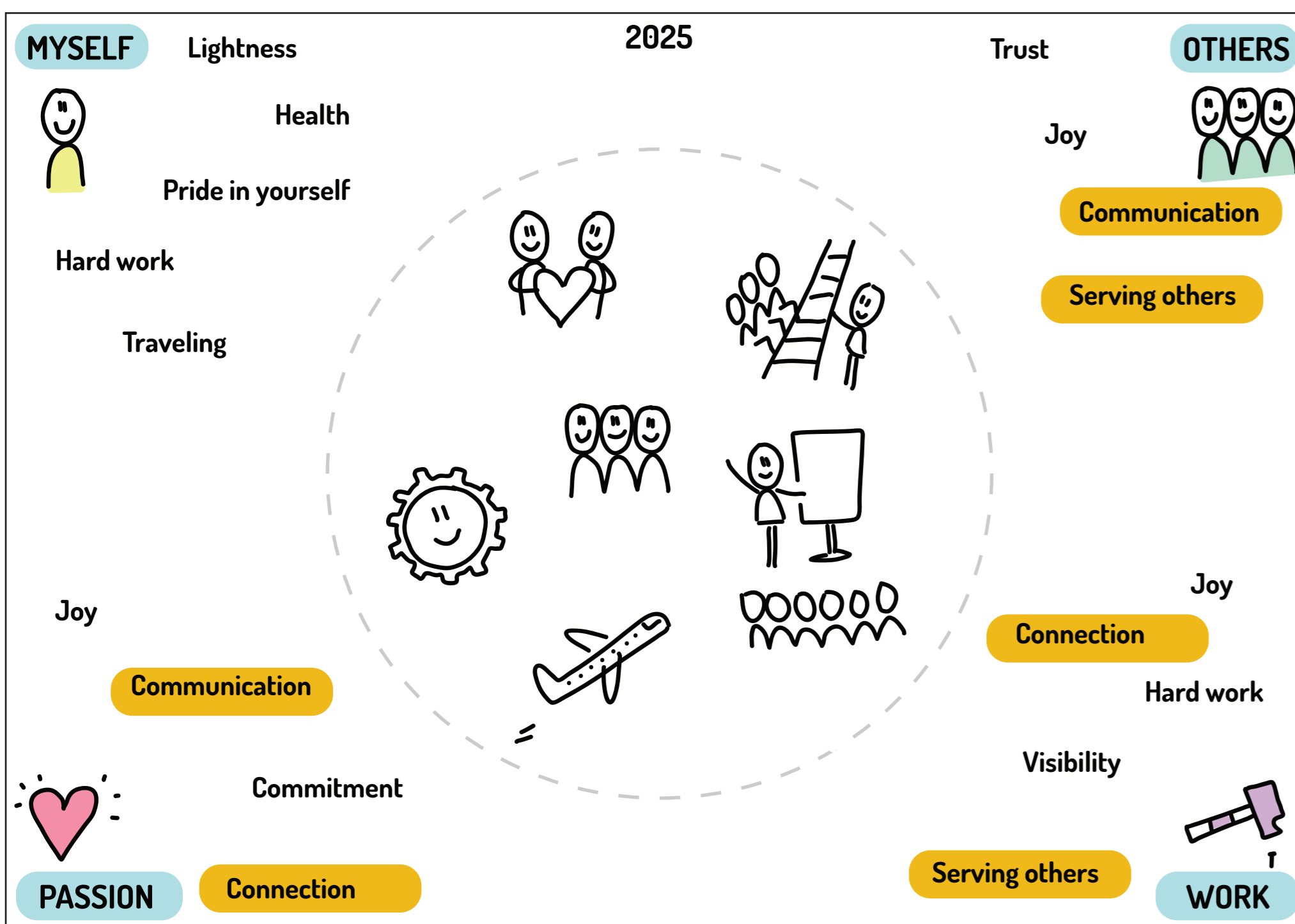


1. Create a base where you put different areas into different corners. You can draw different symbols if the ones in the sample don't speak to you.

2. Think about and write down the keywords that you want to inspire you and carry you this year in different areas. Leave the circle in the middle empty. Keywords can be both actions and feelings and just words that come to mind.

3. Study these keywords and select the ones that emerge. Did any similarities arise in the different areas? There may be more than one of these words, but they should have a similar purpose.



4. Draw pictures of the selected keywords in the middle of the paper. What feeling do you get from these words, how can you express it visually? Is it just a symbol or a metaphorical image? If necessary, google the keywords or feelings that arise and copy them. You don't have to be able to draw everything from memory! Keep it simple. If necessary, take a separate piece of paper for drawing first.

5. Study these images and feel if something starts to emerge. What is the image that carries you and gives you focus this year? Choose one image and now think of a word for it. It can be one of the words you have previously chosen, or it can be something completely new. Let yourself be surprised!

6. Write and draw this word on a Post-it. The image may change a little, just as it grew a little in my example. Put it on your computer or the wall so that you can see it every day. See what happens ;)