





**CONCENTRATION.  
COMPASSION.  
COURAGE.**

THE YEAR AHEAD  
**2023 | 2024**

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**FREE DOWNLOAD OF THE YEAR AHEAD 2023/24:**  
**[www.nicolehobigerklimes.at/free](http://www.nicolehobigerklimes.at/free)**

**GLOBAL PEACE IS A  
PUZZLE THAT ONE PERSON  
ALONE CANNOT PUT TOGETHER.**

NICOLE HOBIGER-KLIMES



YOUR PIECE MATTERS.



**YOUR DREAM  
MATTERS.**

THE YEAR AHEAD WAS  
GIFTED TO ME AS A  
SURPRISE WHEN I WAS  
TRAVELING THROUGH  
AFRICA WHILE I WAS  
FULFILLING ONE OF MY DREAMS. I'M  
HONORED TO CO-CREATE THIS  
YEAR'S AHEAD.

Nicole Hobiger-Klimes

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# YEAR PLANNING BOOKLET

## WHAT IS THIS?

This booklet will help you assess the past year and plan the year ahead of you.

## WHY IS THIS A GREAT IDEA?

Planning your year is a good habit. It can help you become more aware of your successes and sorrows and make you realize how much can happen in just one year. By learning from the past you can plan your future in a way that you don't repeat the same patterns and feel more in control of your own life.

## WHAT DO YOU NEED?

### **1st version (silent version)**

- at least one hour of uninterrupted time (to reflect)
- at least one hour of uninterrupted time (to plan your year)
- your calendar of the past year
- a printed version of this workbook
- a place where you feel free
- honesty and curiosity

### **2nd version (group version)**

- a group of inspirational minds (2-10 persons)
- at least four hours of creative time
- your calendar of the past year
- a printed version of this workbook
- a place to interact
- honesty and openness

**INNER PEACE,  
THE TRUE REFLECTION  
OF A HUMAN BEING.**

Nicole Hobiger-Klimes

# INNER PEACE

Reflecting and visualizing through this journal may contribute to cultivating your inner peace.

Inner peace is a journey that we embark on anew every day because there are no two days alike. We use concentration, compassion and courage as points of reference and signposts.

## CONCENTRATION ON THE ESSENTIALS.

Concentration is a deliberate, active action!

It enables us to master distractions, maintain focus and pay attention to what is important to us.

## COMPASSION CONNECTS.

Compassion is one of the most basic human qualities and a prerequisite for moral action that allows every encounter to flourish.

Compassion is the food of inner peace. It allows us to connect with ourselves and with others.

## COURAGE TO STAND UP FOR OURSELVES AND OTHERS

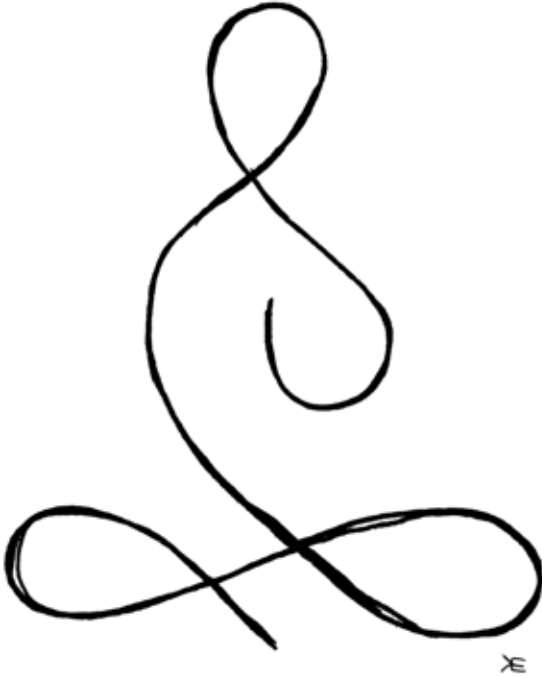
Courage is the bridge from a free inner alignment to peaceful actions on the outside. It enables us to realize inner freedom in the outer world:

Courage to stand up for the creation of external peace.

Courage requires trust and therefore means doing something even though you are afraid, even though there are uncertainties.

**„Courage: Times are uncertain - but I do, what I do, because I trust.“**

**NHK**



Breath.

## **BE HERE AND NOW**

Everything starts with a breath!

Breathe in.

Exhale.

Extend your breaths.

Close your eyes.

AND START FRESH WITH ONE MINUTE OF SILENCE.

# STATUS QUO

**STEP 1:**

Enter in the circle on a scale from 0 to 10 how satisfied you were in the individual areas of life.

0 (in the center) means not at all satisfied, 10 (at the outline) means very satisfied.

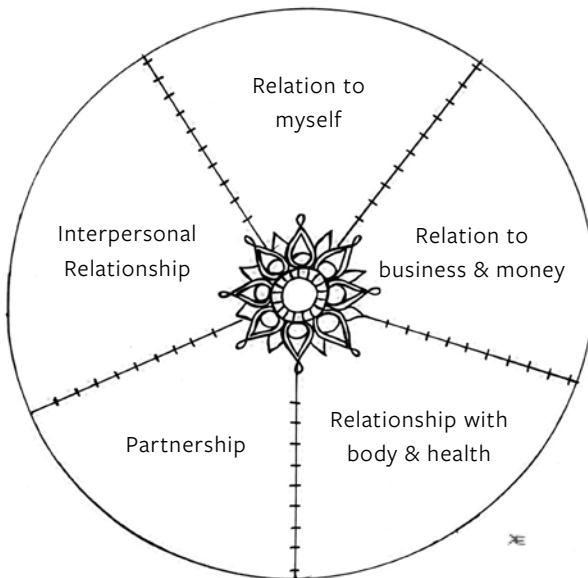
**STEP 2:**

Connect the dots.

**STEP 3:**

Color the inside and trace your lines with a marker.

# WHEEL OF LIFE



If this was be the wheel of your bicycle how well could you ride it through life?

---

From your bicycle you know that - a small round wheel means more effort and more turnarounds.. A larger radius makes moving forward easier. So how easy or bumpy will your journey through life be with your wheel of life?

---

In which area would a change make sense to immediately improve the driving experience?

---

What could be the first step to make a change.

---

Who would be a great rolemodel oder a supporter for this step.

---





**2023**

# YOUR CALENDAR IS YOUR GUIDE.

Go through last year's calendar week by week. If you see an important event, family gathering, friendly get-together or a significant project, write it down here. Also note your downtime, moments outside your comfort zone and your times for active introspection. Consider The Truth of Your Calendar!

---















**CLARITY IS THE BEST  
PLACE TO START.**

Nicole Hobiger-Klimes

# THIS IS WHAT YOUR LAST YEAR WAS ABOUT.

What aspects of the following areas of life were most important to you last year? Which happenings or events were the most significant? Summarize briefly.

PERSONAL LIFE

---

HABITS

---

HEALTH, VITALITY, FITNESS

---

PARTNERSHIP, SEXUALITY

---

FAMILY, FRIENDS, COMMUNITY

---

HOBBIES, CREATIVITY

---

RELAXATION AND SILENCE

---

THE YEAR AHEAD **THE PAST YEAR**

CAREER, STUDIES, PROFESSION

---

FINANCES, BELONGINGS (HOME, OBJECTS)

---

INTELLECTUAL

---

NATURE

---

PERSONAL DEVELOPMENT (EMOTIONAL, SPIRITUAL, ...)

---

QUANTUM LEAPS, BUCKET LIST

---

**THE BIG 5**

# SENTENCES ABOUT MY PAST YEAR.

The feeling of awe when we are truly amazed. It even promotes our health.

Neuroscience shows that the frequency of such good emotions is more important than the duration and intensity.

When was the last time you really marveled in awe?

---

The wisest decision I have made...

---

Which situation required the most courage from you?

---

The best surprise of the year...

---

The most selfless thing I have done for others.

---

The most important lesson I have learned...

---

**THE BIG 5**

# QUESTIONS ABOUT MY PAST YEAR.

What are you the most proud of?

---

Which three people have influenced you the most?

---



Which three people have you influenced the most?

---

What were the most peaceful and quiet moments?

---

What are you most grateful for?

---

**THE OUTSTANDING 3**

# MY BIGGEST ACTS FOR PEACE

Name 3 actions that you have taken for more peace in your environment. It can also be very small actions, a mediating conversation, a founded initiative, a visit to a peace march, a meditation, networking, forgiving, listening, an apology you have made, a swear word you have not spoken, unconditional giving to another person...

---



**THE OUTSTANDING 3**

# MY BIGGEST CHALLENGES.

List your three biggest challenges of the past year here.

---

Who or what supported you in overcoming these challenges?

---

What have you learned about yourself while  
overcoming these challenges?

---

**YOU CAN CHOOSE YOUR  
REACTIONS - THAT IS THE MOST  
POWERFUL GIFT YOU HAVE.**

Nicole Hobiger-Klimes

**WHAT YOU HAVE ON THE  
INSIDE IS MORE IMPORTANT  
THAN WHAT YOU  
HAVE ON THE OUTSIDE.**

Nicole Hobiger-Klimes

# LETTING GO.

Old postcards, souvenirs, items of clothing or gifts -  
we often find it difficult to part with even the little things in life.  
So how can we deal with big emotions?

**Start your training:**

I'm getting rid of these 5 items today and literally making my life easier:

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.

---

**LETTING GO IS AN  
ACTIVE PROCESS.  
YOU CAN ONLY REALIZE IT  
BY DOING IT.**

Nicole Hobiger-Klimes



# 4 STEPS OF LETTING GO

Recognize it

Name it

Take Action

Let go

WHAT ACTION SHOULD YOU TAKE?

Is there anything else you need to say? Is there something you want to let go before you start into the next year? What action should you take? (Draw or write.)

---

**PEACEFUL WORDS  
CREATE A PEACEFUL MIND.**

Nicole Hobiger-Klimes

# CHOICE OF WORDS FROM NOW ON.

It is a form of art to speak peacefully and to stay peaceful in certain situations. Peace also finds expression in our language, in the words we choose. Which words and phrases will you eliminate from your vocabulary starting today? Write them down here.

---

When you are done, cross everything out as a symbol that you will not use these words and phrases again!

**THE BIG 5**

# MAGIC MOMENTS

Describe the greatest and most most enjoyable moments of the past year.. You can also express yourself through drawing.

What did you say? Who was with you? What were did you do? What kind of smells, sounds or tastes do you remember? Where have you been? And most importantly: How did you feel?

---

# MAGIC MOMENTS

What's the most impressive story you've heard or read this year? And why?

---

Which person has inspired you the most this year and why?

---

# THE PAST YEAR.

THE PAST YEAR IN THREE WORDS

Choose three words to define your past year.

---

THE BOOK OF MY PAST YEAR

A book was made about your past year\*. Write down its title

---

# CELEBRATION TIME

Enjoy a moment of happiness! You are done with reflecting the past year.

Breathe in.

Exhale.

Close your eyes.

**Think of a great moment of the year 2023.**

Just experience it for some seconds and feel the joy arising.

Enjoy and celebrate with silence.



let your ideas bloom



**2024**

# THE COURAGE TO DREAM BIG.

**STEP 1:**

Check your body position: How are you sitting or standing right now? Bring your body to an upright position. Open your heart and take up your space.

**STEP 2:**

Turn on your favorite song if you like and write down everything that comes to your mind. What do you wish for? What does the year ahead of you look like? Why will it be great? Write, draw, let go of your expectations and dare to dream.

---



**THE WORLD SERVES AS A MIRROR,  
SEE YOUR INNER STRENGTH.**

Ella Katzenschläger

# THIS IS WHAT MY NEW YEAR WILL BE ABOUT.

Define the most important aspects of the next year in the following areas of life.. Which events will be the most important? Summarize briefly.

PERSONAL LIFE

---

HABITS

---

HEALTH, FITNESS, VITALITY

---

PARTNERSHIP, SEXUALITY

---

FAMILY, FRIENDS, COMMUNITY

---

HOBBIES, CREATIVITY

---

RELAXATION, SILENCE

---

THE YEAR AHEAD **THE NEW YEAR**

CAREER, STUDIES, PROFESSION

---

FINANCES, BELONGINGS (HOME, OBJECTS)

---

INTELLECTUAL

---

NATURE

---

EMOTIONAL, SPIRITUAL

---

QUANTUM LEAPS, BUCKET LIST

---

# **I AM. I CAN. I MAY.**

Nicole Hobiger-Klimes



# ART OF LIVING!

This is how I want to live:

---

**FIND OUT WHAT YOU WANT AND  
LEARN HOW TO ASK FOR IT.**

NHK

**FIND OUT WHAT YOU WANT AND  
WHO HAS ALREADY ACHIEVED IT.**

NHK

# MAGICAL TRIPLETS FOR THE YEAR AHEAD.

I will make targeted use of these three strengths:

---

I will move out of my comfort zone for these three things:

---

I would like to achieve these 3 things the most:

---

These three people will be my pillars during rough times:

---

I will dare to discover these three things:

---

What I dare to say out loud from now on.

---

# MAGICAL TRIPLETS FOR THE YEAR AHEAD.

These three things come to my mind when I hear  
the word CONCENTRATION:

---

These three things come to my mind when I hear  
the word COMPASSION:

---

These 3 things mean courage to me for the coming year:

---



# SIX SENTENCES ABOUT MY NEXT YEAR.

This year, I will not procrastinate anymore to...

---

This year, I will show my courage when...

---

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

---



This year, I will say yes when...

---

This year, I advise myself to...

---

This year will be special for me because...

---

# MY THEME FOR THE YEAR AHEAD.

What will your theme be for the coming year? It can be a sentence, a slogan or a word. You can look at this word if you need some extra energy, so you remember not to give up your dreams.

---

**WHY FIT IN WHEN YOU ARE BORN  
TO STAND OUT.**



# SECRET WISH.

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

---

# **GET OFF THE BRAKE.**

Ella Katzenschläger

**THIS IS MY ULTIMATE  
POWER SENTENCE  
FOR THE YEAR AHEAD:**

# CONTRACT WITH MYSELF.

MY DREAM MATTERS

I, \_\_\_\_\_ born on \_\_\_\_\_  
know,  
that anything can be possible this year!

MY DREAM is ...  
\_\_\_\_\_

I hereby confirm that I will spend the next 48 hours focusing on the first  
steps towards the fulfillment of my dream ...  
\_\_\_\_\_

I will remind myself of my dream every day with ...  
\_\_\_\_\_



When I think of my dream it feels like ...

---

I will tell the following person about my dream  
so that it is spoken out loud and commitment is created:

---

Yes, I believe in myself and my dream ...

---

---

**Date and signature**

**ONE OF HUMANITY'S  
MOST VALUABLE ASSETS  
IS THE ABILITY TO DREAM.**

Nicole Hobiger-Klimes

# SUPPORT OTHERS IN THEIR DREAMS

Name 3 people who you will particularly encourage and support in their dreams this year:

---

**INNER PEACE -  
A LIBERATING STATE OF MIND,  
ALLOWED BY EMPTINESS,  
AND AT THE SAME  
TIME RICH IN ABUNDANCE.**

# INNER PEACE

What does inner peace mean to you?

---

Do you feel inner peace at this very moment?

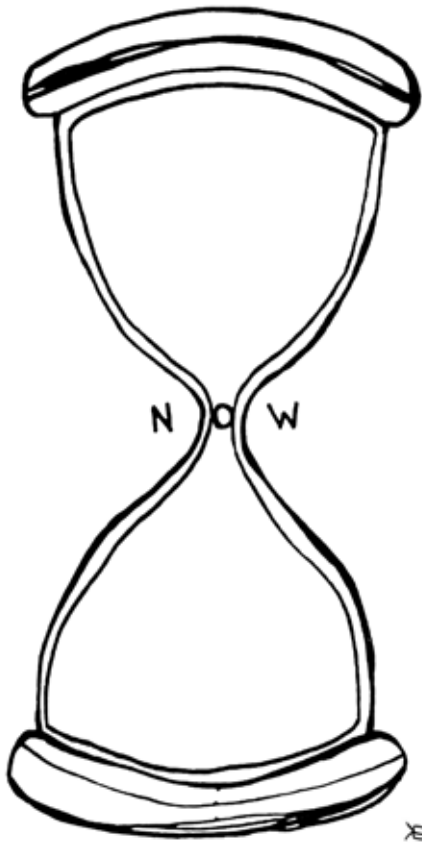
---

Where in your body can you feel it?

---

What will you contribute to make the world a more peaceful place this year?

---



# HOURGLASS OF LIFE.

The sand runs silently, calmly and steadily through the glass. Until time runs out.  
That simple.

**THE ART OF LIVING LIKE THE HOURGLASS:**

Focus on the essentials.

Recognize that each phase of life has its own focus.

Go with the flow.

Use the laws of life as sand uses gravity.

One grain of sand after another flows through the opening.

You get more done if you do one thing at a time and focus your attention.

The pace is what it is.

Your own speed is always the right one.

Know that time is your treasure.

**STEP 1:**

Imagine there are numbers from 0 to 100 on the hourglass.

What if these are your years of life?

**STEP 2:**

Draw a line in the picture at approximately your current age and pause for a moment. Let it sink in.

Describe your feeling:

---

What was your first intuitive thought:

---

**SHE OR HE  
WHO ASKS, LEADS.**



**NOW YOU ARE WELCOME  
TO DIVE EVEN DEEPER  
INTO THE WORLD  
OF SELF-INTERROGATION AND  
SELF-MANAGEMENT.**

**MULTITASKING IS A LIE.**

# SELF-LEADERSHIP

What will I focus on in 2024?

---

To help me keep my focus - what distractions will I minimize?

---

How will I express my compassion more strongly?  
And what will change on the outside as a result?

---

**If I had the courage of the whole world -  
for a week just for myself - what would I do?**

---

# SIX QUESTIONS ABOUT MYSELF.

Name an unpleasant habit that is holding you back and that you will stop doing today:

---

What is my first thought in the morning and do I want it to be my first thought?

---

What is your act of kindness today?

---

What are some of my strongest beliefs ?

---

If I could go back in time (5-10 years), which advice would I give myself ?

---

When am I truly present ?

---

# QUESTIONS ABOUT MY HABITS.

What are some of my healthy habits/unhealthy habits  
or habits I want to get rid of ?

---

How do I spend the first 60 Minutes of my day and what do I want to include ?

---

How does my perfect day look like ? \*

---

What would I truly regret not having done if I'd die tonight?

---

\* Seek more moments of pure happiness and try to create your life around those things.



**PEACEFUL COEXISTENCE WITH ME,  
MYSELF AND I.**

# CHANGE OF PERSPECTIVE. QUESTIONS ABOUT ...

Name: .....

Let a friend/ family member/ person that is close to you fill out this page to get a different perspective about life/yourself

What lessons have I thought you?

---

What do you value about me?

---

When do you see me the happiest?

---



What am I really good in/what skills/talents do I have?

---

What is something you've always wanted to tell me?

---

What wish do you have for me/ what lesson do you want to share with me?

---

# MORE QUESTIONS.

Do I like who I am right now? What's my story?

---

Who am I without my past?

---

How can I develop more trust, so I can live in abundance?

---

What is the failure that you most cherish? Why?

---

What experiences have most shaped who you are today?

---

What is your biggest fear?

---

# CHALLENGES.

... act of kindness (being kind to oneself on a daily basis/ being kind to a stranger/ being kind to our environment)

---

... seek situations to come out of your comfort zone

---

... seek moments to treat your mind, body and soul well

---

When do you feel the most playful?

---

When was the last time you have laughed uncontrollably?

---

# MY BIG 5.\*

When I look back on my life as a healthy, contented old person sitting in a rocking chair - which 5 great experiences of my life will I talk about?

---

What will have been my personal BIG 5 for Life? \*

---

\*the term BIG 5 originally comes from Africa and refers to the elephant, buffalo, rhino, lion and leopard.

TAKE A DEEP BREATH  
EXHALE DEEPLY.

**SMILE.**





**GLOBAL PEACE IS A PUZZLE THAT  
ONE PERSON ALONE CANNOT  
PUT TOGETHER.**

Nicole Hobiger-Klimes

# GIFTS TO DIVE DEEPER.

## HEART MEDITATION

As a gift from Nicole Hobiger-Klimes  
A guided Metta Meditation.

This meditation is about compassion, which is an important human resource and is present in every human being.

The special thing about this heart meditation is that the metta practice takes place within a fantasy journey.

This meditation is a wonderful opportunity to go deep into relaxation mode. At the same time, you practice being more kind to yourself and others.

Visualizations and imaginations are often underestimated. But it is precisely in this deeply relaxed state that the body has an enormous receptivity and the ability to change.

### **Body position:**

Sitting or lying down  
Eyes closed



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# GIFTS TO DIVE DEEPER

## INTERVIEW WITH NIPUN MEHTA

Inner Peace and the Power of Concentration,  
Compassion and Courage  
Interview by Nicole Hobiger-Klimes

Dalai Lama Compassion Award – Winner  
President Obama’s Council On Poverty and Inequality in 2015  
The founder of „Giftivism“

He is the founder of ServiceSpace, which has now grown into an ecosystem of 1,5 million members. For six months he did a pilgrimage across India. After 1000 kilometers, he ended up at a monastery where he mostly meditated for the next three months.



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# DREAM SPACE.

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**We congratulate you from the bottom  
of our hearts, because working  
through this journal requires honesty,  
dedication and a lot of courage!**

All our love,  
Ella and Nicole



**FREE DOWNLOAD of the year ahead 2023/24:  
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