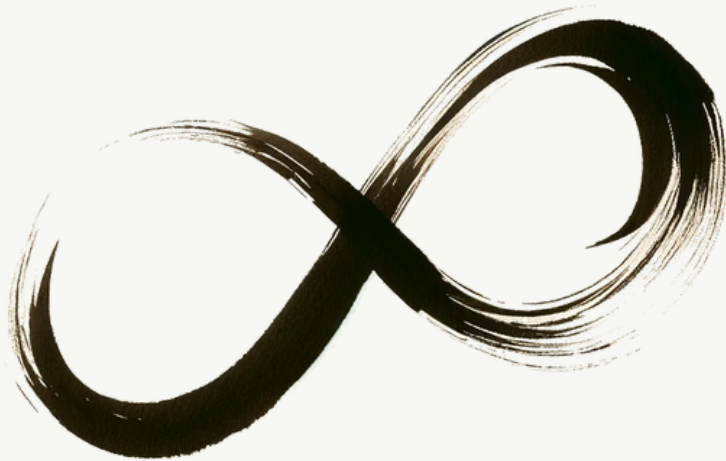


mapping the past:

**a path to moving
forward**



what?

This is an invitation to take a moment to look back at the last year, map where you are, how you got here, and how to prepare for the journey you want or need to go on.

Life is a journey: not bad, as metaphors go.

Every journey has midpoints, moments of transitions, and moments of taking stock.

An invitation to consider a possible ending: what happened, what is to celebrate, what came to an end. An invitation to notice a beginning: what can happen, what we want to happen, what resources we have, what we need.

why?

Endings and beginnings are special: they give meaning and empower us to learn from what happened and to (re)start in better ways.

At times the transitions are very clear (sunset and sunrise), other times we need to squint or be told (can you really notice the difference around the equinox?), other times we just decide there is a turning point, like new year or birthdays. In any case, they have power, and they can become a ritual of giving and receiving meaning.

This is an invitation to make this transition into the new year a ritual: we have been through a year-long journey, we will take stock of what happened, and we will plan a bit for the next year.

Celebrate memories, get a bit surprised, give yourself the permission to dream and gain clarity about how to make the dreams become reality.

how?

Take some dedicated time for yourself, alone or with other people.

You can do this all in one go. We imagine you'd spend 1- 4 hours.

Or you could do this in two days, Year's End and Year's Start.

Or spread it during several days to savour each step more; some of our inspirations include a ritual per day for 12 nights (because that is the difference between the moon and solar year), and that can work, too.

You will need:

Some time.

Paper to write (or your computer, or phone).

Possibly access to your calendar and photo album.

Yourself.

get ready

This is a point of pause in a long journey.

Make yourself comfortable.

Prepare some tea, or a drink, or anything else that would keep you good company such as a favourite object or a blanket.

Take some time for yourself.

When ready, start.

the past journey

What happened so far in the past year journey? Let's explore in two ways: first what comes to mind, then looking more closely at what actually took place.

down the memory lane

What comes to mind about last year? What felt great, what felt less than ideal?

Now try telling yourself "last year was great!" and see what happens.

Some parts of yourself will maybe celebrate, others will say "well, but what about X?". Note the great and the not so great down here. Repeat to yourself "apart from X (and Z, and...), last year was great" until you run out of "what about [...]?" and until you run out of things to celebrate.

Stay with the feeling of feeling "it was great".

"that was great!"

"apart from ..."

the feeling of completion, of "that was a great year", feels like:

what actually happened

It's now time to check the maps of the journey, check the backpack for what we accumulated.

Go through your last year's calendar week by week, month by month, and note what events felt meaningful: good, bad, ambiguous, important, completed, started. Pay special attention to what you had forgotten about. Note the companions that participated in the journey.

Do the same with photos you took, and anything else you have that you can check (e.g. a journal, messages, emails...)

appreciating, celebrating, and letting go

what needs letting go?

With all that happened fresh in mind: what needs letting go?

What have you accumulated that is not serving you anymore? What was good, but completed? Any spot that you do not plan to go back and see? Any tool that was useful then, but is just weighing you down now? Any companions that you don't need or want on your path from now?

List what you can let go. Some things will need grieving. Some celebrating. Some will just need some sort of "goodbye"...

what to celebrate?

What needs celebrating? What is worthy of being celebrated? What wants to be celebrated?

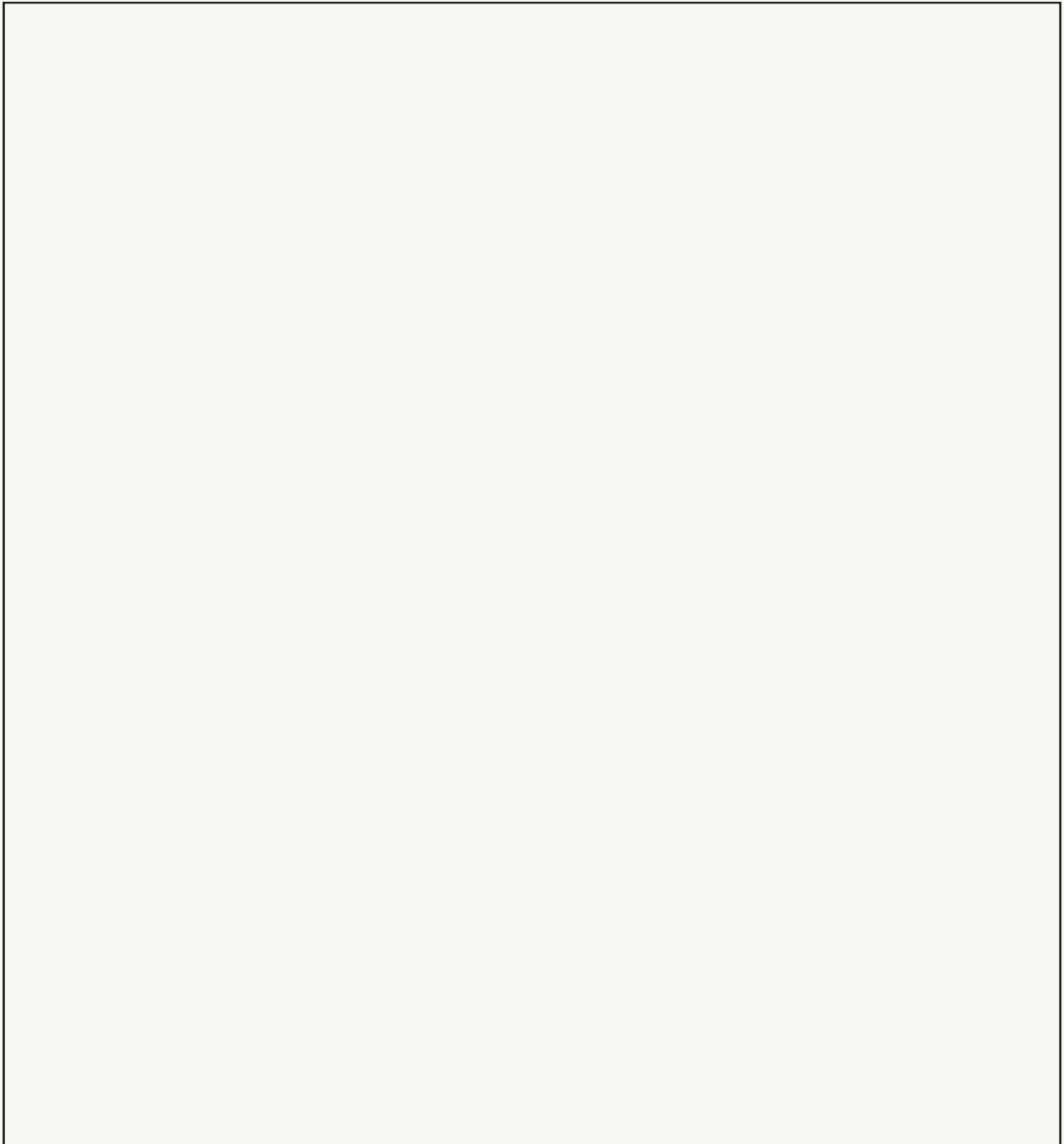
Pay attention both to what is left with you, and what is gone. What happened, or what ended, and it is good that it did.

midpoint postcard

Take all in all of that. Imagine being at a shelter in the middle of a hike, or a midpoint in a trip, or even passing home regrouping for the next adventure.

Write a postcard about what happened. It can be to a friend, to a future or past you, to a stranger. Or imagine a review for a travel site.

Include the highlights, the challenges that you overcame, the lessons you learned.



you've reviewed the path so far.

Take a deep breath, take a break, make yourself more tea or something to drink, and get nourished before the next part of the journey.

You can make this into a ritual: take a bath for purification, or burn some incense. Or you could make anything what will happen as a ritual: drinking can be a ritual of nourishment.

You could write what to let go in pieces of paper and burn them. Or put them in the ground. (please be fire-careful and do not litter if you choose that!)

the journey to come

It's time to explore where you want to go, what is needed, what challenges you imagine facing, what resources you will need and which ones you already have.

what to invite?

What do you want to experience in the year to come? Think in broad brushes, not the specific details. Adventure can be climbing a mountain, exploring a forest or meeting new people. Rest or relaxation can take different forms. So can relaxation. Notice how you will want to experience next year. What do you know that evoked the experiences above? Take the inspiration from there.

where next?

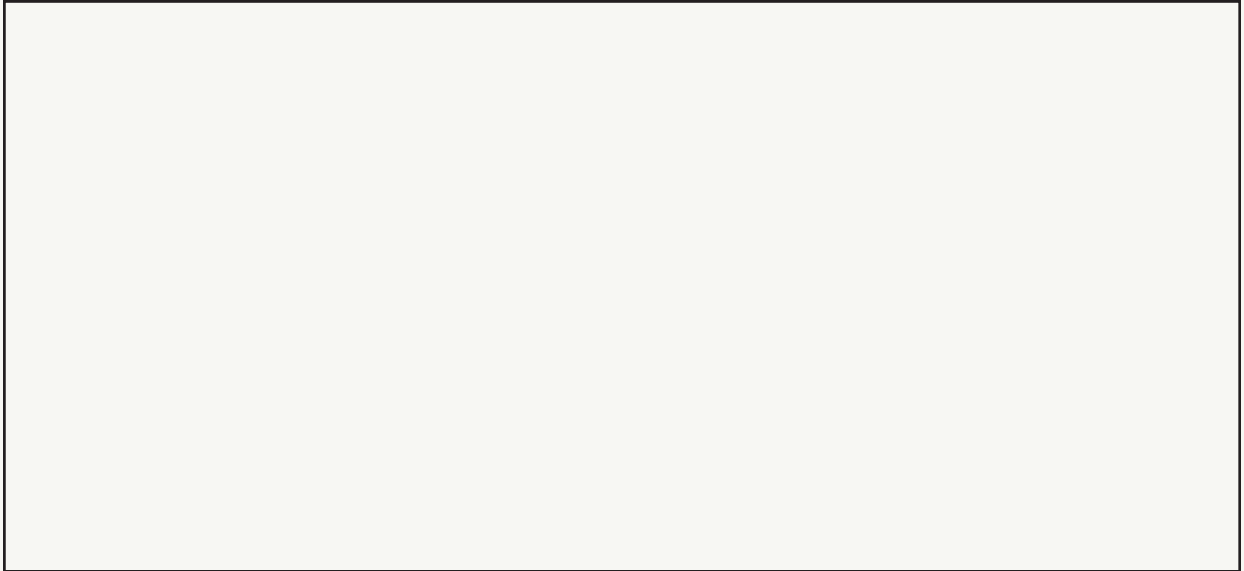
With those experiences in mind, imagine where you want to go and what else could evoke it. Explore your wishes, desires, directions, possibilities. What are the core 3-5 things (or more) you'd love to happen in the coming year? In this journey, what do you want to experience, see, build, share?

making space

Looking at the journey ahead, is there anything that you will need to remove to go ahead? Some things we can just not take with us (we're going to the beach, the mountain trekking gear will just take unnecessary space), other things take effort (there is no path in the jungle, and we will need a machete to get some space).

What will you need to say NO to? What do you want to reduce, do less of? What tools or baggage do you no longer need to carry? Take some time sorting your inner and outer backpack.

Travel light(er).

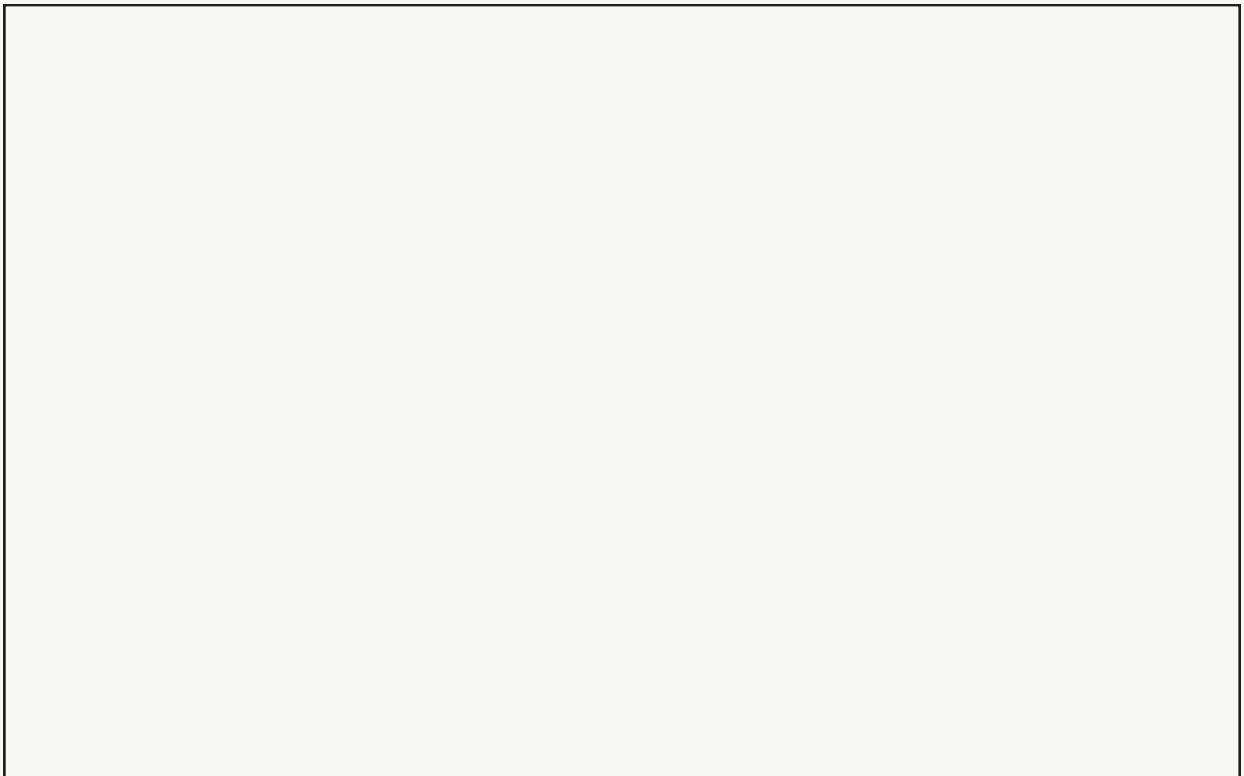


what is needed

What do you need to have with you for this journey to go well?

Do you need to face the possible challenges? Do you need training to know how to use the gear?

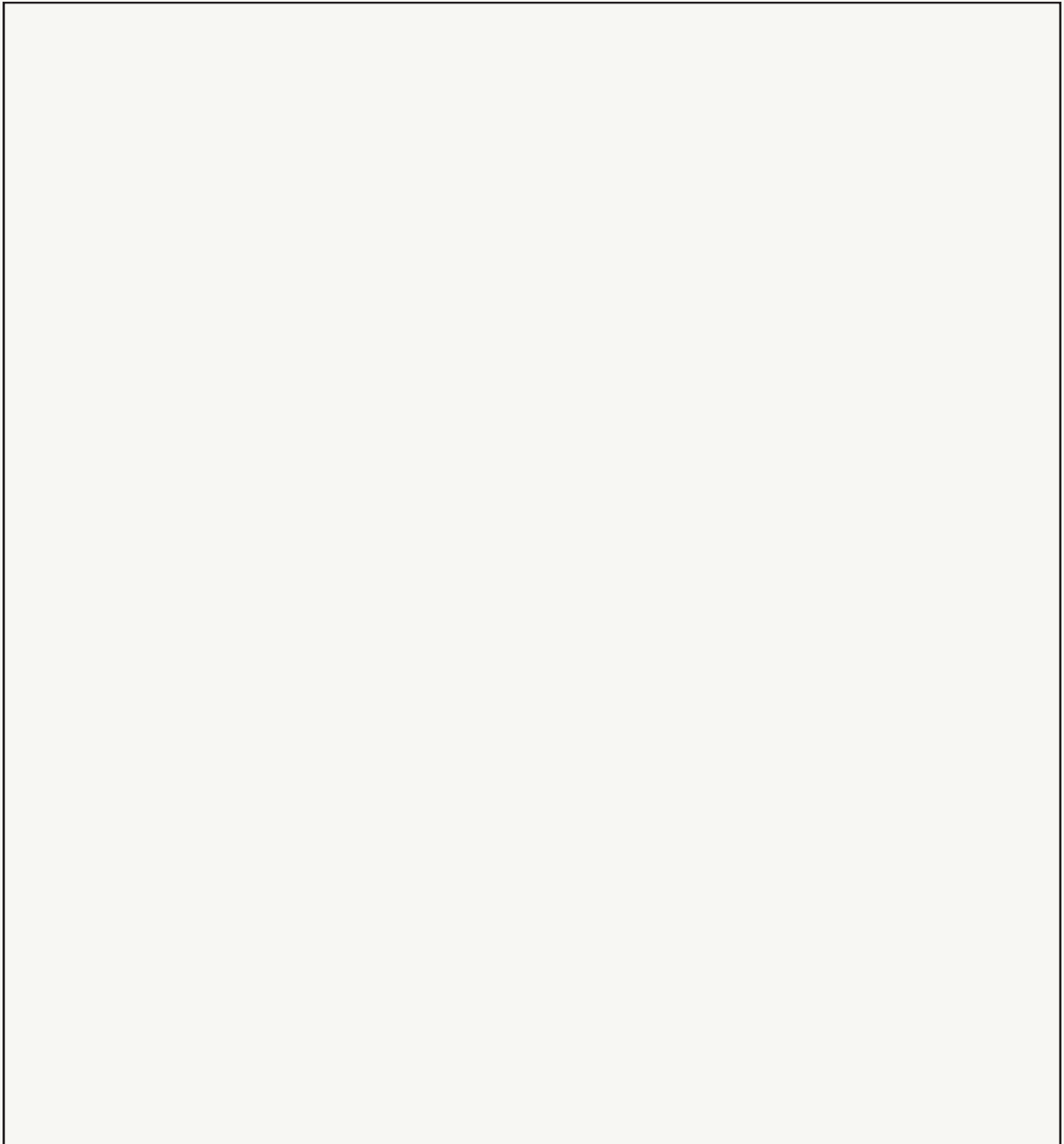
Who do you want or need as companions or guides? What are the inner or outer dragons you could need to look out for?



message from the future

Now imagine being you, one year in the future: write yourself a postcard, letter, or message. What do you want to tell the you in the now? Any warning, reassurance, encouragement?

[hint: reminders that you love yourself, and that everything will be all right, are great]



that was it for looking ahead.

Find a way to celebrate you took time for yourself and your future.
Do something you like. Do something you have to do, and find a way to like it.
Perform a ritual. Make something you have to perform in a ritual.
Dance. Bathe. Breathe. Eat. Drink. Sleep. Dream.

bonus track: the inner team

We can think of ourselves as a team: the parts of us that show up at work are not always the ones that show up with a partner, or a family member, or with friends. Some parts of us are really good at being practical, or even skeptical, while other parts can be big dreamers, a bit lost in the clouds. This is our invitation to welcome and notice the members of your inner team.

the team during the process

What happened inside while doing the review, or dreaming ahead?

Maybe a part of you felt bad about not having done enough while another was really surprised with all the forgotten good things that happened? Were your parts more scared or excited to dream big?

Note anything here. See if there is anything else you should know about these parts, anything else they would want to share with you.

last year's team

Was any part of you especially present last year? We invite you to notice without judging what those parts needed (e.g. stability or connection) or felt (e.g. competent or worried or curious)

Is there anything that these parts still need you to know, or to hear from you, to say goodbye to the year?

Any lesson learned, anything missing?

next year's dream team

What parts of yourself do you want to have with you during next year?

Extend an invitations to the parts of yourself that you know, the ones you imagine you could develop, and then ones you would wish for yourself, to join your next year dream team.

What will that team need? From you, from each other, from other people?

Any tender part of your team with special requests?

That was it for the inner team. (Well, for a start. It is a lifelong journey)

We wish for you to be able to express all that you are, all that you wish to be, and to welcome and express all part of yourself

acknowledgments

This process is inspired and based on a number of practices that have contributed to our lives, ranging from Internal Family Systems, Focusing, The Year Compass, and folk traditions connected with Solstice, Christmas, and New Year.

This is a first edition, so if you have feedback or suggestions about this, please share with us at hello@ifs-collective.com.

We hope you enjoy the journey!

about us

We are Pau and Alex.

We co-created the IFS Collective, and we love practices and rituals to enjoy life more.

If you are curious, check out our website and our events.

ifs-collective.com