



The
Movement
Compass

2025 « | » 2026

don't die curious

move

outdoors.[®]





Welcome

What is this?

This is your personal guide to closing one chapter and stepping consciously into the next. Created by Move Outdoors, this booklet is a reflective and forward-looking companion for the year ahead. Through thoughtfully designed questions and simple exercises, it invites you to pause, look back with clarity, and move forward with intention.

The booklet unfolds in two parts.

The first helps you reflect on the year gone by—acknowledging experiences, lessons, challenges, and moments worth celebrating.

The second turns your attention to the road ahead, encouraging you to imagine, plan, and prepare for a year aligned with what truly matters to you.

Just like any meaningful journey outdoors, this process is about awareness, direction, and deliberate movement—one step at a time.

We hope this becomes a quiet moment of reflection, and a steady compass as you navigate the year ahead.

What do i need to fill out the booklet?

A pen or a pencil, a few hours of uninterrupted focus, and an open and honest mind.

Can i do this in a group?

Sure you can! Grab your friends, print out booklets for all of them and find a comfortable space. Everyone should fill out their own YearCompass, but you can take breaks to discuss the exercises and share your thoughts and feelings. If you do this, please be mindful of your companions' boundaries. Everyone should only share things they are comfortable with.



Get Ready!

Arrive. Prepare your tools and the space around you. Close your eyes and take five deep breaths. Let go of your expectations.

Start when you feel ready.



The past year

Going through your calendar

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.



The past year

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?



The past year

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

Six questions about my past year

What are you 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 most grateful for?



The past year

The best moments

Describe the greatest and most memorable, joyful moments from last year. Draw them on this sheet. How did you feel? Who was there with you? What were you doing? What kind of smells, sounds or tastes do you remember?



The past year

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 by overcoming these challenges?



The past year

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 yourself good by forgiving.*

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



The past year

Letting go

Is there anything else you need to say? Is there anything you have to 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

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?

Goodbye 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.



The year ahead

20

26



The year ahead

Dare to dream big

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



The year ahead

This is what my next year will be about

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?



The year ahead

Magical triplets for the year ahead

I will love these three things about myself.

I am ready to let go of these three things.

I want to achieve these three things the most.

These three people will be my pillars during rough times.

I will dare to discover these three things.

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



The year ahead

Magical triplets for the year ahead

I will make my surroundings cozy with these three things.

I will do these three things every morning.

I will pamper myself with these three things regularly.

I will visit these three places.

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

I will reward my successes with these three presents.



The year ahead

Six sentences about my next year

This year I will not procrastinate any more over...

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

This year, I will be 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

My word for the year ahead

Pick a word to symbolise and define the year ahead. You can look at this word if you need some extra energy, so you remember not to give up your dreams.

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 #moveoutdoorsind hashtag.



The year ahead

**I believe
anything
is possible
this year.**

Date:

signature



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