

Happiness Within Guidebook

2024 Upgrade

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Welcome



Every year, I pick a word that guides my journey. In 2023, I went with not one, but two powerful words: Adventure and Extraordinary. These words have been my compass, and as I look back on the past year, they resonate with my experiences and growth.

I'm sure you've had your own journey this year, with your own set of guiding words. Maybe you've explored new paths in your career, personal life, or spiritual evolution. As we approach a new year, it's time to reflect, let go of what no longer serves us, and make space for the new.

This personal guidebook is all about celebrating your wins, reflecting on your accomplishments, and acknowledging how far you've come. Even if you don't think you've come far, trust us - this is designed to help you recognise your achievements. When you look back and see how much you've grown, it changes your perspective and gives you the motivation to go after your new goals and ambitions.

This guidebook is a tool to help you discover how far you've traveled. By opening it, you're already taking a step forward on your journey of learning, evaluating, and progressing. So take some time to write down your heart's desires and thoughts, and let's step into the future with open hearts and minds.

From my heart to yours,
Tulshi Varsani





How to...



Allow me to present your ultimate guidebook to finding your own personal zen! Before you begin, let's prep you for this soul-searching journey:

- > Print this baby out to make it official
- > Find a comfy spot where you can truly unwind
- > Whip up your fave beverage (hot cocoa, anyone?)
- > Tune into some soothing tunes or soak up the sound of silence
- > Drop all expectations and embrace an open mind
- > Get creative! Doodle, sketch, or color your way to clarity
- > Leave room for anything and everything that crosses your mind
- > Remember to laugh and enjoy the ride!





2023 recap



HOW WOULD YOU DESCRIBE 2023

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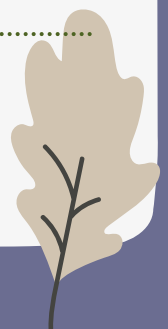
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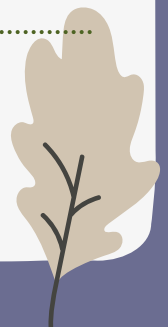


2023 recap



PICK YOUR FAVOURITE MOMENTS IN 2023

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2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.





2023 recap



WHAT DID YOU EMBRACE THIS YEAR?

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WHAT DID YOU OVERCOME?

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WHAT DID YOU DISCOVER ABOUT YOURSELF?

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2023 recap



WHAT DID YOU HOLD BACK FROM?

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HOW DID YOU PRACTICE COURAGE?

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WHAT SURPRISED YOU THIS YEAR?

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2023 recap



WHAT WAS THE BIGGEST HARDSHIP OR STRUGGLE YOU ENCOUNTERED?

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2023 recap



WHAT HAS HELPED YOU MOST
DURING THIS TIME?

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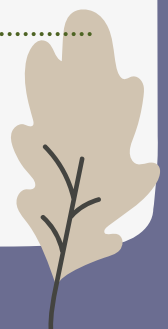
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2023 recap



HOW HAVE YOU TAKEN CARE OF YOURSELF PHYSICALLY?

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HOW HAVE YOU TAKEN CARE OF YOURSELF EMOTIONALLY?

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HOW HAVE YOU TAKEN CARE OF YOURSELF MENTALLY?

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2023 recap



WHAT ARE YOUR BIGGEST WINS?

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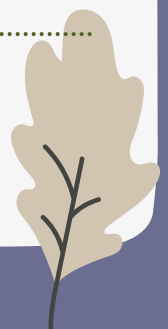
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2023 recap



WHAT ARE YOU WILLING TO LET GO OF?

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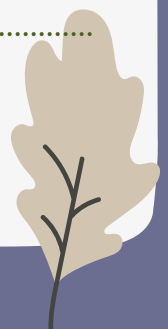
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2023 recap



WHAT ARE THE MOST
IMPORTANT THINGS
TO YOU NOW?

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2023 recap



WHAT ARE YOUR MAIN PRIORITIES AT HOME?

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2023 recap



WHAT ARE YOUR MAIN PRIORITIES AT WORK?

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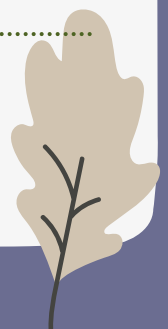
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2023 recap



WHAT ARE YOUR MAIN PRIORITIES IN
RELATIONSHIPS?

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2023 recap



WHO DO YOU NEED TO FORGIVE THIS YEAR?

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2023 recap



WHAT ARE YOU MOST GRATEFUL FOR?

1.
2.
3.

WHO ARE YOU MOST GRATEFUL FOR ?

1.
2.
3.

WHY I SHOULD BE GRATEFUL



Lastly.....

FIND YOUR HAPPY PLACE. WHEN YOU HAVE TAKEN TIME TO BE HERE, EXPLORE WHAT FEELINGS AND EXPERIENCES YOU WOULD LIKE TO INVITE INTO YOUR LIFE AND WRITE IT AS IF IT WERE A YEAR FROM NOW.



Thank you!

Happy Holidays

Wishing you
all the happiness & success for 2024