

2022

another  
year  
another  
chance

FEEL FREE TO CHANGE

IN THE RUSH TO RETURN TO  
NORMAL, USE THIS TIME TO  
CONSIDER WHICH PARTS OF  
NORMAL ARE WORTH  
RUSHING BACK

Dave Hollis



<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>
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**FEB  
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SOMETIMES OUR STOP-DOING  
LIST NEEDS TO BE BIGGER  
THAN OUR TO-DO LIST

PATTY DIGH

**ALLOW YOURSELF TO  
GROW  
WHEN YOU PLANT  
SEEDS IN THE  
GARDEN, YOU DON'T  
DIG THEM UP EVERY  
DAY TO SEE IF THE  
HAVE SPROUTED YET.  
YOU SIMPLY WATER  
THEM AND CLEAR  
AWAY THE WEEDS :  
YOU WILL KNOW THAT  
THE SEEDS WILL  
GROW IN TIME**

BHIKSHUNI CHODRON



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**APR  
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**REMEMBER MOST OF YOUR STRESS COMES FROM THE WAY YOU RESPOND, NOT THE WAY LIFE IS. ADJUST YOUR ATTITUDE CHANGE HOW YOU SEE THINGS. LOOK FOR THE GOOD IN ALL SITUATIONS. TAKE THE LESSON AND FIND NEW OPPORTUNITIES TO GROW. LET ALL THE EXTRA STRESS, WORRYING, AND OVERTHINKING GO.**

IDIL AHMED



STOP BEING AFRAID WHAT  
COULD GO WRONG AND START  
BEING EXCITED ABOUT WHAT  
COULD GO RIGHT

TONY ROBBINS

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**JUN  
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**BE THE REASON  
SOMEONE FEELS  
SEEN, HEARD,  
AND SUPPORTED**

ART & PSYCHOLOGY

RESPEKTIERE ANDERE DANN RESPEKTIEREN SIE DICH

**If you are  
not excited  
about it, it's  
not the right  
path**  
**Abraham Hicks**



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**AUG  
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SIMPLE LIVING IS ABOUT  
SLOWING DOWN AND  
STRIPPING AWAY  
UNNECESSARY-TO MAKE  
ROOM FOR WHAT MATTERS.

DANAE A. SMIT

**DECIDE WHAT KIND OF LIFE  
YOU ACTUALLY WANT .**

**THEN.....  
SAY NO TO EVERYTHING THAT  
ISN ´T THAT**

*inspired by Brian Svanak/ Raising Simple*

**SEP  
'21**

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OCT  
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SEI GEDULDIG- VIELES ERLEDIGT SICH VON ALLEINE

**STRESS MAKES YOU THINK THAT  
EVERYTHING HAS TO BE FIXED RIGHT NOW.  
JUST BREATHE. REMEMBER, THINGS HAVE A  
WAY OF WORKING THEMSELVES OUT.**

*@intelligence is sexy*

**learn to love the sound  
of the feet walking  
away from things not  
meant for you.**



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**DEC  
'21**

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DECLUTTERING IS ABOUT  
REMOVING THE THINGS  
WE DON'T WANT

MINIMALISM IS ABOUT  
DISCOVERING HOW LITTLE  
WE ACTUALLY NEED

<b>JANUAR</b>	<b>WOLLEN</b>	<b>WAS MÖCHTE ICH</b>
<b>FEBRUAR</b>	<b>PRIORITÄTEN</b>	<b>WO LIEGEN MEINE PRIORITÄTEN</b>
<b>MÄRZ</b>	<b>VERTRAUEN</b>	<b>VERTRAUE ICH MIR</b>
<b>APRIL</b>	<b>FOKUS</b>	<b>WO LIEGT MEIN FOKUS</b>
<b>MAI</b>	<b>GEDANKEN</b>	<b>DENKE ICH POSITIV ODER NEGATIV</b>
<b>JUNI</b>	<b>RESPEKT</b>	<b>RESPEKTIERE ICH MICH SELBST</b>
<b>JULI</b>	<b>FREUDE</b>	<b>WAS BEREITET MIR FREUDE</b>
<b>AUGUST</b>	<b>SINN</b>	<b>WAS IST FÜR MICH SINNVOLL</b>
<b>SEPTEMBER</b>	<b>GLÜCK</b>	<b>BIN ICH GLÜCKLICH</b>
<b>OKTOBER</b>	<b>GEDULD</b>	<b>VERTRAUE ICH IN DEN LAUF DER DINGE</b>
<b>NOVEMBER</b>	<b>GEFÜHL</b>	<b>VERTRAUE ICH AUF MEIN BAUCHGEFÜHL</b>
<b>DEZEMBER</b>	<b>BRAUCHEN</b>	<b>WAS BRAUCHE ICH WIRKLICH</b>

## **WIE FUNKTIONIERT ES:**

**GANZ EINFACH JEDER MONAT IST EINEM THEMA  
GEWIDMET, NIMM DIR EINFACH EIN KLEINES  
NOTIZBUCH UND NOTIERE UND REFLEKTIERE DEINE  
GEDANKEN, ZU DEM JEWEILIGEN THEMA**

**VIEL FREUDE**



**Positives aus Papier**