



Language & Personal Improvement Sessions
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INsight Book 2022

- ✓ Look back at the previous year
- ✓ Pick a slogan for the new year
- ✓ Transform your habits in the upcoming year
- ✓ Create the wholesome & thriving concept for 2022
- ✓ Bring a new perspective



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INSight Book 2022

- ✓ Pick a slogan for the past year
- ✓ Look back at 2021



What 5 words do you choose to define the year 2021?

Think of your major accomplishments as well as the challenges you faced.

- 1
- 2
- 3
- 4
- 5

What would be your slogan for the year 2021?

- Little by little, I made it.
- My vision turned to reality.
- A year worth remembering.
- Learned Something that matters.
- I have achieved so much.

Can't find a suitable one? Adapt the phrases to express your experience,

e. g. "Learned something that matters" can be turned into:

"Started something that matters and I'm proud of this!"



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Look back at 2021

What were your 3 major accomplishments in 2021?

1

2

3

What were your 3 major challenges in 2021?

1

2

3

What helped you achieve the goals?

 Any personal features?

 Any habits?

Who helped you achieve the goals and/or face the challenges?

 Any people to thank for?

 Any people to add to your role model list?

If you could give a piece of advice to yourself in the past year, what would that be?



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Pick a slogan for 2022



What should be the keywords for the upcoming year?

- 1
- 2
- 3
- 4
- 5

What would be your slogan for the year 2022?

Some ideas. Match the parts to make one perfect phrase:

- | | |
|--------------------------|--------------------------------|
| 1. Be a warrior, | a) smile tomorrow. |
| 2. Work hard in silence, | b) not a worrier. |
| 3. Sweat today, | c) or not at all. |
| 4. Do it with passion | d) let success make the noise. |

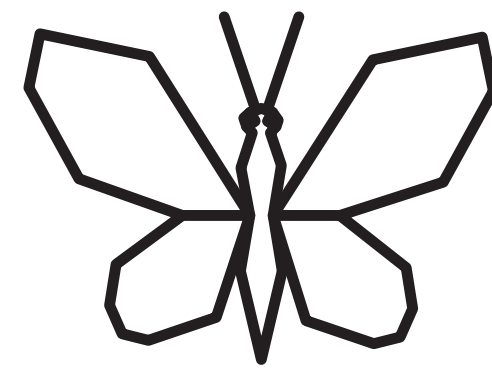
Can't formulate one? Check out the list of motivational slogans [here](#)



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Transform your habits in 2022



Which habits hindered your performance last year?

- 1 Giving in self-doubt
- 2 Not trusting the gut feeling
- 3 Making excuses
- 4 Multitasking (includes constantly checking your phone)
- 5 Unclear direction (includes poor ability to prioritize)

What are the opposites? Match the pairs:

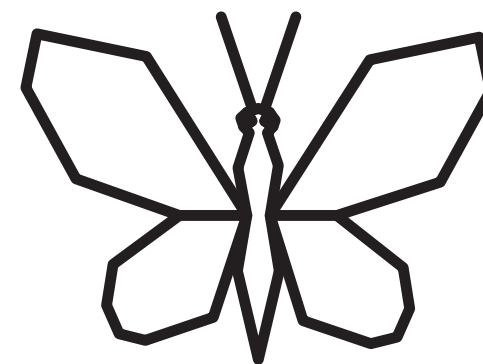
- | | |
|---------------------------------|--|
| 1. self-doubt | a) determination/ambition |
| 2. not trusting the gut feeling | b) focus/consciousness/undivided attention |
| 3. making excuses | c) self-esteem/self-confidence |
| 4. multitasking | d) honesty with yourself |
| 5. unclear direction | e) listening to the inner wisdom |



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Transform your habits in 2022



What could you do to transform the habits?

What could you do to strengthen your:

A) self-esteem?

➡ I can _____ to boost my self-esteem.

B) intuition?

➡ I can _____ to trust my intuition.

C) determination?

➡ I can _____ to get motivated.

What do you need to clarify your:

D) tasks?

➡ I need more/less _____ to accomplish the tasks.

E) goals?

➡ I need more/less _____ to accomplish my goals.

F) priorities?

➡ I need more/less _____ to prioritize properly.

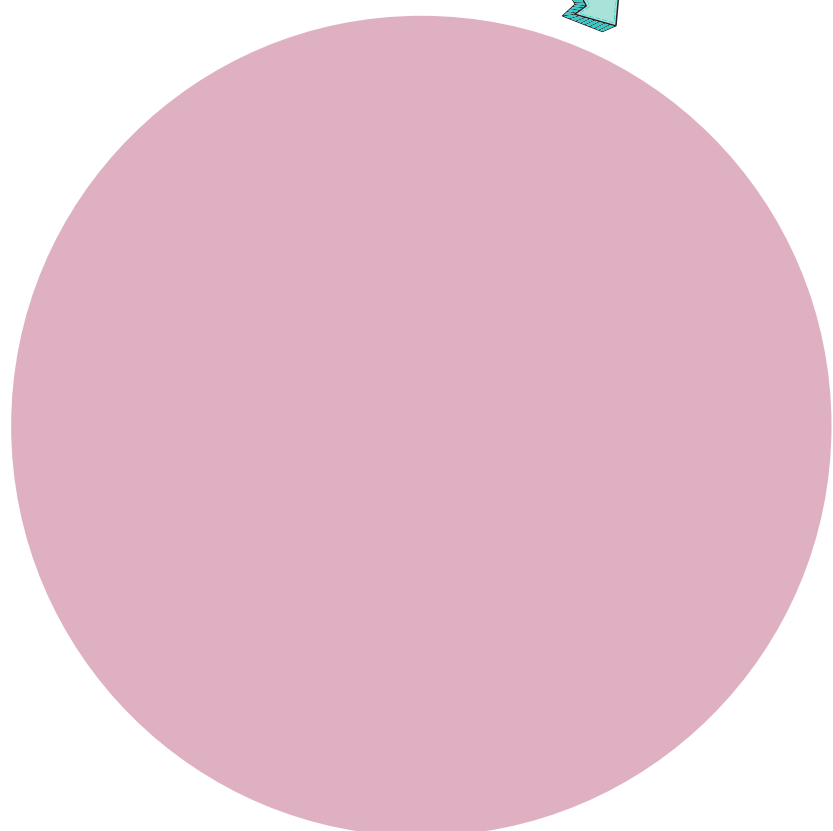


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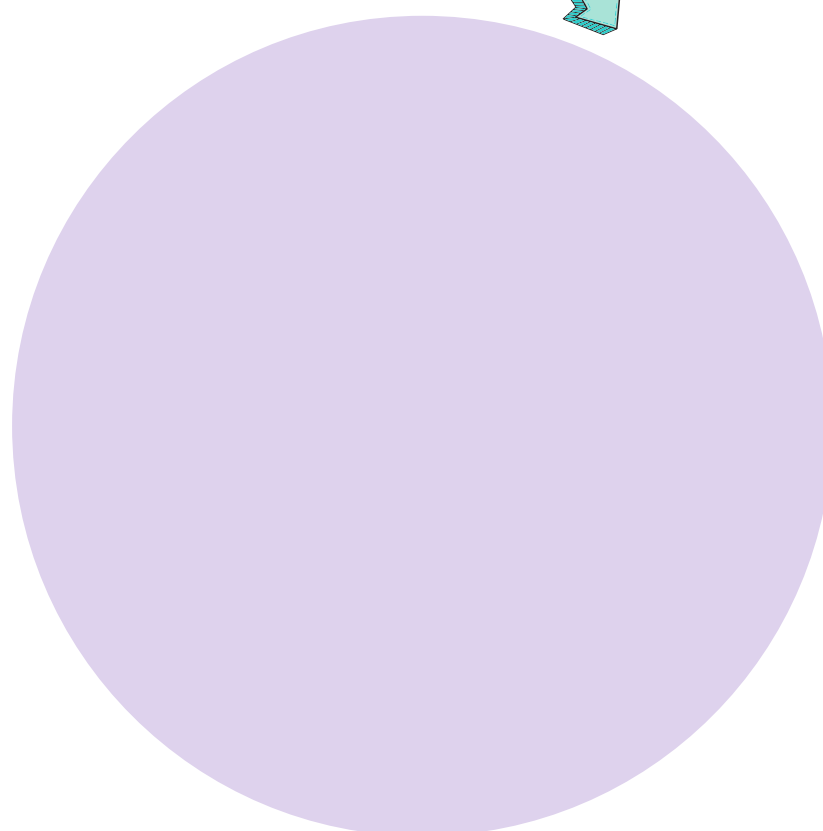


✓ Create the wholesome & thriving concept for 2022

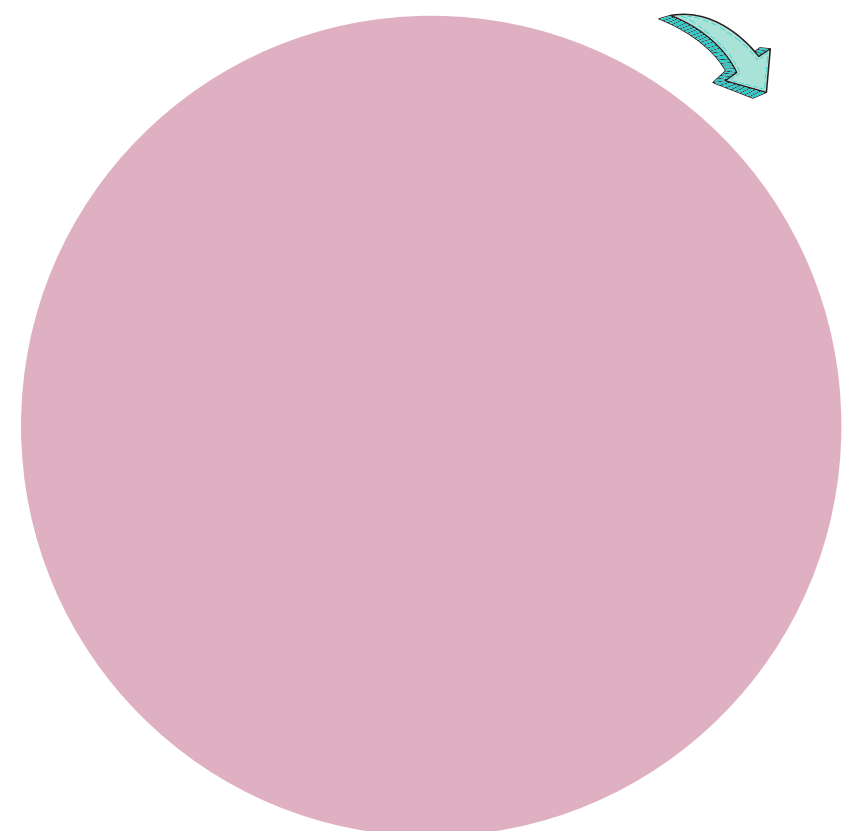
To thrive **emotionally**,
I'm going to



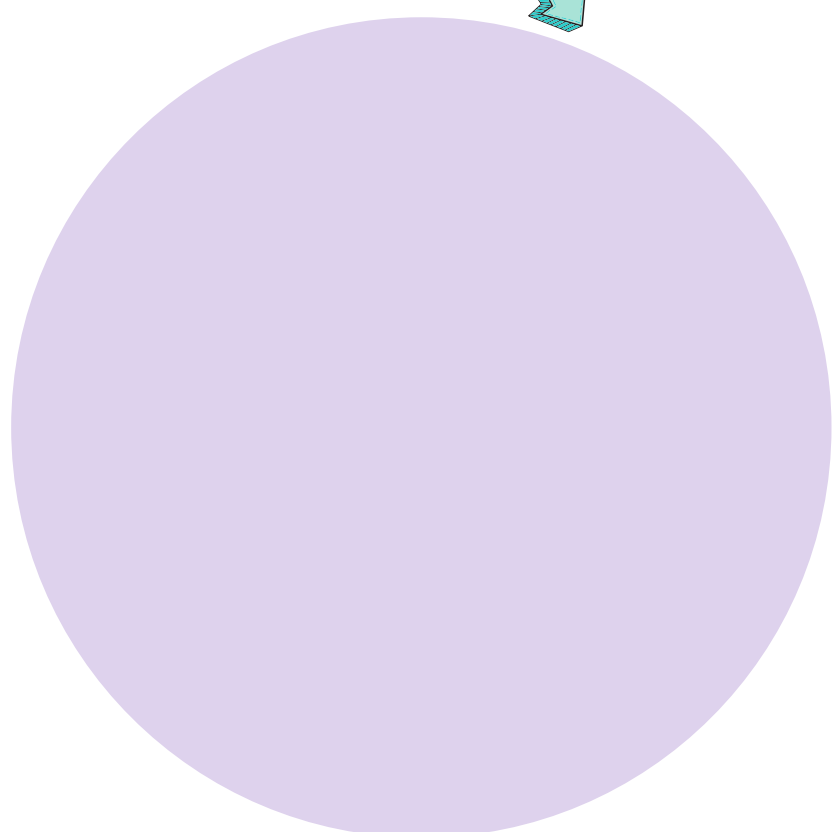
To thrive **physically**,
I'm going to



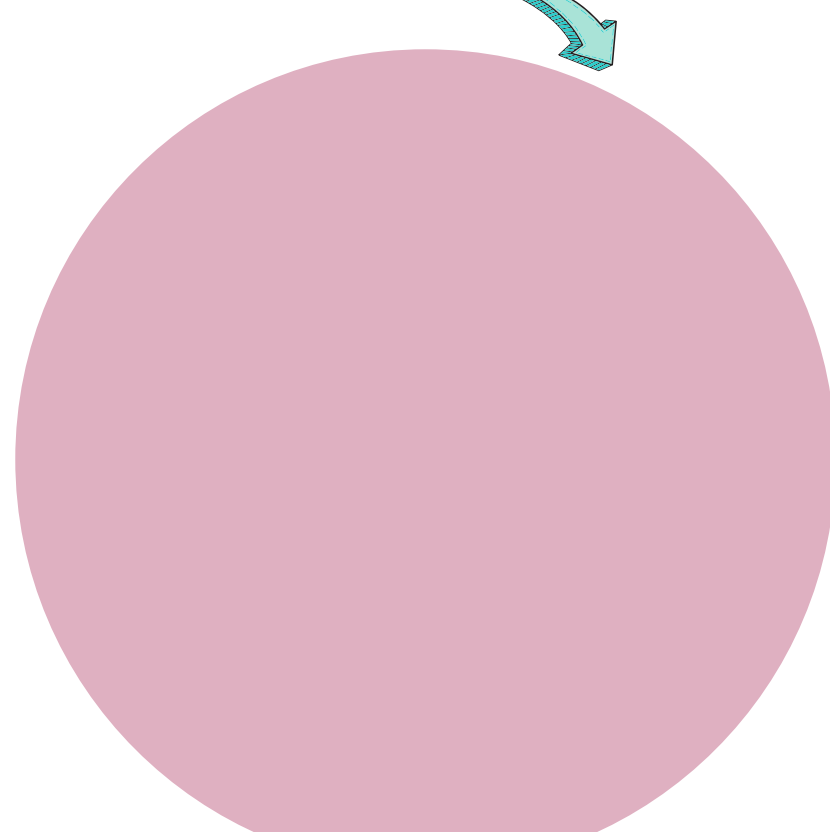
To thrive **mentally/in self-knowledge**, I'm going to



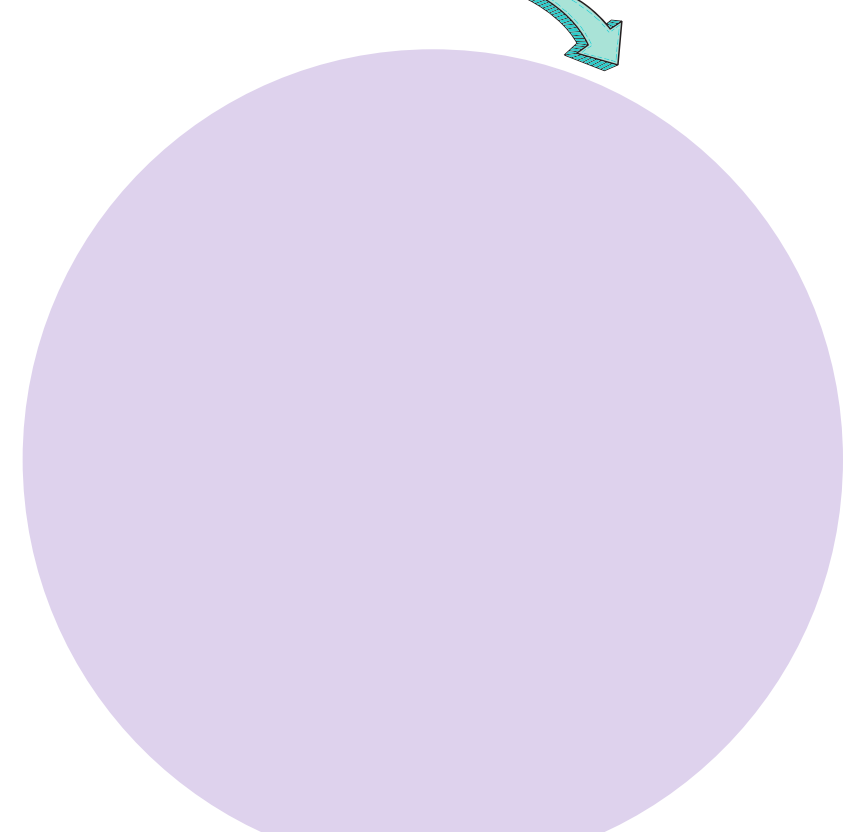
To thrive **in relationships**,
I'm going to



To thrive **professionally**,
I'm going to



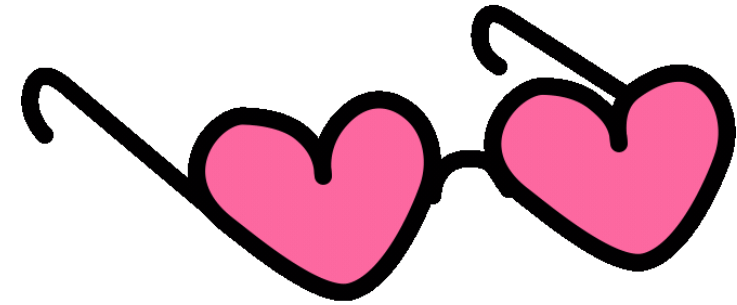
To thrive **financially**,
I'm going to





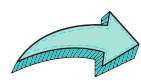
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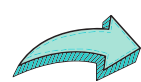


 Bring in a new perspective

Let's say you are looking back to yourself standing on the edge of the years 2021/2021. What would you say to yourself?



What would be the most surprising thing to find out about yourself in 2022? Write that down and keep it till the end of the year!





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Congratulations!

You have completed the Insight Book!

The book was created by Neringa Jagelavičiūtė-Teišerskienė
from www.neringajag.com

Visit the page to find inspiring language sessions and articles on
personal/language improvement.

You may contact us via email tutorneringa@gmail.com.

You may also find us on Facebook:
www.facebook.com/kalbulaisvai

Happy new year!

Inspiring beginning of a new chapter.

This is your year. Make it happen. 

