

GOODBYE 2020. HELLO 2021

# YEAR CHAMPION



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## YEAR CHAMPION

### Year Champion // Goodbye 2020. Hello 2021

Do you also value looking back at 2020 before you move into 2021? Are you intrigued to see what last year taught you and how these lessons can guide you onwards? If so, the Year Champion ebook is a great tool which you can use for these useful reflections. This year, next year and the years following that one.

## REFLECTIONS

**What would you like to have found out by the end of the 'Year Champion' ebook?**

# 03

## BEFORE YOU CONTINUE ...

What would you like to have found out by the end of the 'Year Champion' ebook?



# 04

## WELCOME!

Dear you,

**Welcome on this journey of evaluating 2020 and looking ahead to 2021.**

We will keep it easy peasy. You decide when and where you work on the self-inquiry exercises. Pace yourself here. You can do one question per day or you can do all of them in one day. It's entirely up to you.

### **Create a ritual**

The ritual could be that you go through this ebook once a year, every 3 months or monthly or as often as needed. And I personally enjoy keeping track of my answers. I go through them from time to time to see what has changed, shifted and happened. And then I celebrate my accomplishments, thank myself for all the work I have put in and I move on.

### **Ongoing Personal Development**

You can take more e-courses for ongoing personal development with me, Marianne de Kuyper via [Superchangechampion.com](https://superchangechampion.com). I hope you will love the trigger-free online classroom that I enjoyed creating for *Highly Sensitive People (HSP)* and *Sound Sensitive People* like myself. Trigger-free meaning it's image-, audio-, and video free. Just like this ebook.

With love and care,

*Marianne de Kuyper*

[info@superchangechampion.com](mailto:info@superchangechampion.com)

# 05

## A FEW TIPS BEFORE YOU START!

**One.** Get yourself a nice paper notebook.

**Two.** Take notes in your notebook.

**Three.** Allow yourself to focus.

**Four.** Do the themes in the provided order. Or start with the theme that is most relevant to you.

**Five.** Go at your own pace.

**Six.** No sweat. Breathe.

**Seven.** Celebrate your accomplishments.

**Eight.** Say *'Thank you!'* to acknowledge all that is present already.

**Nine.** Connect with us when needed.

**Ten.** Easy peasy!

# 06

## ONE SPECIAL TIP

You can write down your questions with your dominant hand. Then take your pen in the other hand to write down your answers.

Take the pen back into your dominant hand. Decipher what you just wrote down. And read what you wrote down with your non-dominant hand.

### **How true is it?**

It works every time. I am always surprised by the honesty of my answers. Hope it will work for you too.

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*Learn from  
yesterday,  
live for today,  
hope for tomorrow.*

THE IMPORTANT THING IS NOT TO STOP QUESTIONING.

- Albert Einstein

# 08

## REFLECTIONS | RECONNECT

Reflections are a way to reconnect with your inner voice. When you can connect to that voice, you can feel into your deepest needs and wishes and adjust your behaviour accordingly. **What other practices than the self-inquiry exercises in this ebook could you do to reconnect with yourself on a daily basis?**

*How about ... more me-time daily?*

Meditation. Yoga. Journaling. Exercise. Walking. Hiking. Running. Massage. Dancing to your favourite tune. Singing. Simply staring at a tree or at the clouds. Hugging a tree ... you name it!



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## REFLECTIONS | ME

What did you do in 2020 that you did purely and only for yourself? How did this make you feel?

*How about ... ?*

Think about it already. What could you do more of in 2021 for yourself alone?

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## REFLECTIONS | OTHERS

'Others' refers to people that you know personally.  
**What did you do in 2020 that you did for others? How did this make you feel?**

*How about ... ?*

Think about it already. What could you do more of in 2021 for others?

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## REFLECTIONS | THE WORLD

What did you do in 2020 that might have had an effect not only on you, and the people you know (others), but also on the people you don't know personally (yet)? I call it 'the world. How did this make you feel?

*How about ... ?*

Think about it already. What could you do more of in 2021 that the world could benefit from?

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## REFLECTIONS | ME, OTHERS, THE WORLD

### What's most evident already?

#### + WHAT DO YOU WISH FOR YOURSELF, OTHERS AND THE WORLD IN 2021?

CREATE A LIST OF WISHES AND CHOOSE 3 WORDS EVENTUALLY THAT ARE MOST IMPORTANT TO YOU. PUT THEM UP WHERE YOU CAN SEE THEM REGULARLY AS A GENTLE REMINDER TO YOURSELF OF WHAT YOU WOULD LIKE *LIFE* TO BE LIKE FOR YOURSELF, OTHERS AND THE WORLD AROUND YOU. THINK ABOUT FEELING STATES HERE.

DODINSKY

*"Be there for others,  
but never leave yourself behind."*

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## REFLECTIONS | AT ALL LEVELS

In case you are familiar with the theory of the chakras (energy wheels in the body) you might notice that the set of questions per theme on the next couple of pages make you go through the 7 energy wheels from root to crown. Now you don't have to believe in the chakras at all. **Just see it as a framework of energy or a method which allows you to look at your reality.**

**Grounding**

**Creativity**

**Empowerment**

**Love**

**Communication**

**Insight**

**Connection**

Anodeo Judith talks beautifully about the themes in her book: '*Eastern Body. Western Mind*'. She makes West meet East. How? She writes about the stages of development in life and how these are connected to the chakras.

I believe it's a very interesting way of evaluating life and we can learn a lot from it. It made me see what themes are important in my own life and why. That's why I decided to use these themes. Use it for your own benefit too!

Let's use it to evaluate 2020 and make plans for 2021. Use the given questions as guidelines. Feel free to add anything that comes to mind. These questions are just to get you thinking about the themes. **So here we go!**

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## REFLECTIONS | GROUNDING

Do you take care of your body? How well do you take care of yourself physically, mentally and emotionally? What else can you do regarding self-care to take even better care of yourself? Where you spend your time, is like an extension of you. Is where you live, work and spend your (free) time, the right place for you? What needs to change here, in case you are not spending your time in the right environment yet?

*Goals for 2021 ... ?*

In 2021 I will ...

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## REFLECTIONS | CREATIVITY

Do you know your talents? If not, what could you do to find out more about them or develop them further? Is what you do during the day, the best way for you to express your talents? Are you doing what brings you most joy? What talents would you like to use more often? What creative ways suit you most?

*Goals for 2021 ... ?*

In 2021 I will ...

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## REFLECTIONS | EMPOWERMENT

Do you stand firmly for who you are? Can you stand tall and strong? What do you need to feel empowered? What could you do to feel more empowered? Who could support you to stand up for yourself if needed?

*Goals for 2021 ... ?*

In 2021 I will ...



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## REFLECTIONS | LOVE

Do you love yourself? Do you love what you see around you? Do you love the people you spend your time with? Do you love life? What can you do to let more love in?

*Goals for 2021 ... ?*

In 2021 I will ...

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## REFLECTIONS | COMMUNICATION

What words do you use when you speak? Do you listen to yourself when you speak? What is the tone of your message to yourself and others? Do you speak up or dare to speak up? Do you leave room for others to disagree with you? Are you expressing yourself honestly and truthfully? What can you do to convey your message (more) compassionately?

*Goals for 2021 ... ?*

In 2021 I will ...

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## REFLECTIONS | INSIGHTS

Do you understand your past? Are you present in the now? Can you see what lies ahead? What insights did you get last year? How can these guide you during the year to come? What is your biggest lesson, truth or revelation up to today? What could you do to get more insights? What could you do to keep on learning and growing? Do you know what you are working towards and why?

*Goals for 2021 ... ?*

In 2021 I will ...

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## REFLECTIONS | CONNECTED

Do you feel connected to yourself, the people around you and the world? How important is it for you to feel connected? What does 'being connected' feel or look like? What could you do to feel more connected? Do you feel part of life? What could you do to take part in it? What are you wishing for? What are you hoping to achieve? And why?

*Goals for 2021 ... ?*

In 2021 I will ...

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## REFLECTIONS | AT ALL LEVELS

### What's most evident already?

+ WHAT THEME WAS MOST RELEVANT FOR YOU IN 2020? AND WHAT THEME IS MOST RELEVANT FOR YOU IN 2021? USE THE STEPS ON THE NEXT PAGES TO CONTINUE!

BUDDHA

*"At the end of the day I'm at peace,  
because my intentions are good  
and my heart is pure."*

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## REFLECTIONS | CHOOSE

**Perhaps you can choose one goal per theme or perhaps you can choose an overall goal that will have a positive effect on you at all levels.** I personally like choosing a word for the new year that's linked to my main goal.

And I also love choosing 3 feelings that I'd like to live my life by. Instead of saying what I have to obtain or achieve, I have the words and feelings to guide me when choosing what works best for me, others and the world around me.

*Grounding. Creativity. Empowerment.  
Love. Communication. Insight. Connection*

**Let these next questions guide you on doing the same.**

- What are your goals for each theme?
- What do you want to accomplish?
- What would you like to create and/or happen for you regarding each theme?
- How would you like to feel in regards to each theme?
- What word describes best what you are hoping to accomplish or experience in the year to come?

Give it some thought. Or even better, feel into it. Try the exercise on the next page for that!

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## REFLECTIONS | IT'S ALREADY HAPPENING!

Try this visualization to feel into what you're hoping for in 2021. Pretend it's already happening.

- Can you see yourself?
- Where are you?
- What are you doing?
- Who are you with or are you perhaps on your own?
- Why are you there?
- How is it going?
- How are you feeling
- Can you see all of the details of the scene?
- Can you hear what is present?
- Can you feel what it is like to be there?
- Can you touch something and how does that feel?
- Can you taste the air for example?
- Can you experience it with all of your senses?
- Can you notice that ideal scene with all of your senses?

**Believe it. It's just as true as anything else.** Stay with this visualization for a little while longer. Feel that what you'd like to accomplish in 2021 is already happening and then plan backwards as they say ;)!

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LOOKING BACK AT WHAT YOU WROTE DOWN,

## WHAT'S MOST EVIDENT? ...

“ *Don't be satisfied with stories,  
how things have gone with others.  
Unfold your own myth.* ”  
\_Rumi

**You did it.** Time to evaluate the process  
in case you would love to do more!

Give the questions on the next page  
some thought.



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## **Some last reflections.**

- What did you find out about yourself?
- What do you take from this ebook that is important to you?
- What other insights did you gain from the exercises?
- Were the exercises useful to you, and if so, what in particular?
- What were the exercises like for you?
- What feedback do you have for me?
- Anything else?

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## YEAR CHAMPION | EXTRA NOTES



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YEAR CHAMPION

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GOODBYE 2020. HELLO 2021

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# YEAR CHAMPION | EXTRA NOTES



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## LAST, BUT NOT LEAST

It will feel good to say **'Thank you 2020'** and **'Welcome 2021'**. You're ready. You always are! Go get out there and take small steps each day into your desired direction.

**Feel where you would like to go. Feel into your choices.** Don't know how? Remind yourself that your body knows the answers. Reconnect with it. Just like I mentioned on the first pages of this ebook.

**Reconnect with yourself on a daily basis.** Ask yourself questions. Listen and write down what you hear.

**And last, but not least,** I believe everything is possible and I believe in what I call 'MCA's' // Momentum Creating Activities. Meaning; all we need to do is to take one step per day into our desired direction.

Yes, that's all. **One MCA per day!**

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## ABOUT MARIANNE

Hi, I'm Marianne!

I love change and I call myself a 'Change Lover' and I am known for and therefore great in helping people get started with that new beginning. And it's something that gives me a buzz (which you can profit of). And I'm here to help you kick-start the whole process of change.

Luckily, I have always been able to follow my creative urges and the sun. And I would love you to do the same. That's why I started Super Change Champion.

I created the [Superchangechampion.com](https://superchangechampion.com) platform for **ongoing personal development** especially for those who are highly sensitive (HSP) and/or deal with Selective Sound Sensitivity (Misophonia).

All I share with you is experienced-based and has been tried & tested in real life. And it's my goal to make sure you are on your feet as soon as you can. I'm here to help you kick-start the whole process of change. No matter what your personal (health) goal is. **I'm here for you!**

With love and care,

*Marianne de Kuyper*



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- PLEASE -

**ALWAYS BRING PEOPLE BACK TO THE SOURCE!**

Feel free to share this e-book with as many people as you feel like and we would love it when you also direct them to our website, so they can browse through it and see what other e-courses we have available in our shop.

*Thank you!*

*Thank you!*