

2021 EMOTIONAL PLANNER

A year of you

A year of you is the planner for those who want to focus on their 2021 wishes and fulfill them! Renowned coach May Groppo, author of *A year of you* book, devised this guide with over 70 triggers and activities to help her audience find clarity and intent in their goals and create and maintain new habits.

With a complete annex of exercises to do before the start of the year, questions every week, monthly activities to go deeper and quarterly checkpoints, this planner is an everyday ally that will propel you to live a more meaningful and authentic life.

+70 activities

2k *A year of you* books sold

10k followers on Instagram

- > One question every week
- > Wide space to write
- > Full rainbow-style inside

Extra Features

- Activities to set your 2021 purposes
- Quarterly checkpoint
- Inspirational quotes.
- Functional stickers.
- Hard Cover
- Double-sided pocket page.
- Bookmark ruler.
- Elastic band closure.
- Full Color Inside
- A5 size
- 2 days per page layout

Specifications

- Trim Page Size: 15 x 21 cm
- Interior: 256 pages 4c/4c on 90gsm Woodfree Paper
- Cover: 128gsm art paper wraps 2mm greyboard, 4C/0C (pantone) print, matte lamination + foil stamping
- Spiral bound



About the author

May Groppo (Buenos Aires, 1977) is an ontological coach formed with Julio Olalla. For a decade she held cultural events such as PechaKucha Night at CC Konex and 8 Tramas at MALBA museum. She collaborated in the creation of Ideame and for 5 years she published her monthly column in Ohlalá magazine, dedicated to making her personal work and reflections very public. In 2016, together with Miguel Sampedro, she created the Innlight consultancy, specialized in digital and cultural transformations in organizations. Find out more about her projects at **@maygroppo** and www.maygroppo.com

Keywords:

#designyourlife #self-knowledge #inspiration #curiosity #exploration #coaching #purposes #learning #growth.