

this journal belongs to:

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Carbon neutral commitment

@SeamosBosques certifies that May Groppo make up for the emissions from the production of these planners through the plantation of native trees in the Yungas Tucumanas. #CarbonNeutral

hello!

What a joy to find you here, about to start the new year with this planner in your hands. Before starting I want to tell you the reason for this project, so you can adapt it to your own needs.

Have you ever started the year with a lot of enthusiasm but ended up losing focus, distracting yourself with everyday activities and to-do's? How often does your schedule respond to external demands instead of giving way to your priorities? How many times does it reflect the same as always instead of helping you create new habits and sustain what you want in your life? Good news: it is the most normal thing in the world. Many people would like to build a connection between daily tasks and their big dreams, but they do not succeed.

After years of accompanying so many in the process of designing their lives, I created the Sowing Workshop, where through practical exercises we give structure to everything we want to happen in a new year. In the first pages of this planner you will find the basic steps of this successful workshop, to start your year with more focus and clarity.

But even with high levels of clarity in January, the daily routine brings more of the same, and it's normal to lose focus. This planner will be your daily ally, who will encourage you to go after what matters to you and to give rhythm to your new habits. You will find moments of pause and reflection, questions and exercises every quarter, every month and every week of the year.

I believe with all my heart that we can all take more ownership of our lives. I am convinced that we came to this planet to learn, explore and grow. My purpose is to inspire you to live an increasingly meaningful and authentic life, feeling part of and protagonist of this world. I invite you to share that exploration with creativity and compassion.

With love and enthusiasm,

— may

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 Inlight consultancy, specialized in digital and cultural transformations in organizations. Find out more about her projects at @maygroppo and www.maygroppo.com.

calendar — 2021

warm up — i am

january

l	m	m	j	v	s	d
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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february

l	m	m	j	v	s	d
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march

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29	30	31				

april

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may

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24	25	26	27	28	29	30
31						

june

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26	27	28	29	30		

july

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26	27	28	29	30	31	

august

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23	24	25	26	27	28	29
30	31					

september

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26	27	28	29	30		

october

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

november

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

december

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

the thing that
is really hard,
and really amazing,
is giving up on
being perfect
and beginning
the work of
becoming yourself.

— anna quindlen

You can go at full speed and with great enthusiasm in life, but if you do not decipher the basics first, what is important to you and your deepest desires, you will get very quickly to nowhere.

I am convinced that deep down we all seek to live a meaningful life, to belong and to feel loved. The definition of these three points may vary personally, but the call to adventure is universal.

Before talking about projects and getting down to planning and doing, I invite you to define the pillars that will be your compass this year and to write them down on the next page.

01 — three words that I want to define me

Choose three words that represent who you want to be, they can be adjectives or nouns. You can write several and then underline the most significant three.

02 — my values

Define 4 or 5 values that govern your life. It does not mean that other values are not extremely important to you, but these are pillars in your decisions. I leave you some examples for inspiration: sincerity, kindness, joy, solidarity, gratitude, patience, humility, respect, generosity, simplicity, courage, freedom, perseverance.

03 — a meaningful life

Define a meaningful life. It can be whatever you want. Think about how you would like to be remembered at the end of your life; or what it would be like to look back and say "how good this trip was, because it had to do with me".

warm up — i do

what is important
is seldom urgent
and what is urgent
is seldom important.

— dwight eisenhower

**Now that you have more clarity from
being, you can begin doing.**

Everything that we plan here should maintain a strong **congruence**
(I love this word) with your Self, with those values that you seek to defend
and with what you believe makes a meaningful life. Everything else is confetti.

Connect with the words that define you,
your values and dreams and write:

**What has to happen this year
to make it yours,
so that at the end of the year
you feel closer to a meaningful life
and consistent with your self?**

warm up — i do

05 — my learning process

Everything can be learned and trained. Declaring ourselves apprentices is the difference between feeling ourselves protagonists of our life or victims, it is the declaration that I am most enthusiastic about.

Thinking about your dream and who you want to become, I invite you to write at least three learning opportunities and / or habits that you want to incorporate to your life this year. They can be very concrete: study coaching, learn about podcasts or make a business model. Or they can be more subtle like being more patient, learning to be in the present moment, or learning about relationships.

06 — my not-to-do list

Every transformation asks to leave things behind, to let go. They can be people, routines, emotional patterns, places: all that is reflected in actions.

Some are very direct: to feel more vital, I will stop overeating. Others are more indirect: I want to publish a book, so to have enough time to write, I am going to stop Netflix after an hour or I will reduce in half the use of my smartphone.

To get started, choose three:

in order to:

this year i must let go of:

in order to:

this year i must let go of:

in order to:

this year i must let go of:

first quarter

I divided the year into 4 quarters. Focusing on your projects, in all areas of your life, write down important moments, relevant deadlines and everything that should happen in each of these three-month stages to get closer to your goals. Trust yourself!

this thought will remind me of what's important



mi biggest projects

what must happen

january

01— 2021

Take some time to think about this month.
May these pages bring rhythm to your habits so you can feel
the step-by-step construction of the life you are designing.

**mi biggest
projects**

**i will remind
myself**

**i will have
courage to**

<hr/>	<hr/>	<hr/>

01 — january

wednesday

30

today i'm thankful for:

thursday

31

today i'm thankful for:

a year of you

w	t	f	s	s	m	t	w	t	f	s	s	m	t	w
30	31	01	02	03	04	05	06	07	08	09	10	11	12	13

2021

friday

01

today i'm thankful for:

NEW YEAR

saturday

02

sunday

03

today i'm thankful for:

today i'm thankful for:

t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f
14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29

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01 — january

Plan moments of vitality,
rest or recreation this week.

my energy will come from:



2021

monday

04

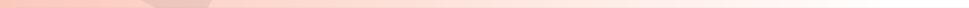
today i'm thankful for:



tuesday

05

today i'm thankful for:



a year of you

f s s m t w t f s s m t w t f
01 02 03 04 05 06 07 08 09 10 11 12 13 14 15

s s m t w t f s s m t w t f s s
16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 monoblock

02 — february

What happened, how did you feel and the opportunity to calibrate before moving forward.

celebrations and recognitions

this month i've learned

this month i've sustained

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this month i've accomplished

this month i've had the courage to

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anchors and memories

moments i want to remember

people and attitudes that made me feel good

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topics i felt interested or curious by

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march

03 — 2021

my biggest projects

i will remind myself

i will have courage to

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Your wild side is your primal essence, without social masks, connected with your instinct and the environment in a natural way. This week think of an activity, an amulet, an object on your altar to connect with it.

monday

06

my wild side will be present in:



today i'm thankful for:



tuesday

07

today i'm thankful for:



03 — march

What happened, how did you feel and the opportunity to calibrate before moving forward.

celebrations and recognitions

this month i've learned

this month i've sustained

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this month i've accomplished

this month i've had the courage to

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anchors and memories

moments i want to remember

people and attitudes that made me feel good

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topics i felt interested or curious by

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second quarter checkpoint

a balanced life

Check these categories to see which ones need your attention or require a change in attitude. Give each one a score from 1 to 10 and write individual words that describe who you want to be in each of these areas.

love & couple

family

friends & community

/10

/10

/10

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<hr/>	<hr/>	<hr/>

work & projects

finances

home & things i own

/10

/10

/10

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free time & new experiences

being an apprentice

health & physical activity

/10

/10

/10

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mission & contribution

mental & emotional attitude

spiritual attitude

/10

/10

/10

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Help us co-create your next A year of you Planner.
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