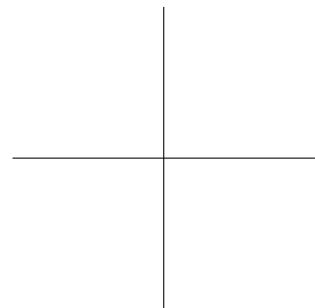
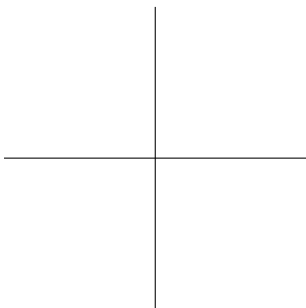


The Year 2016

for Filofax Personal Size

by Joakim Hertze

December 26, 2015



December 2015

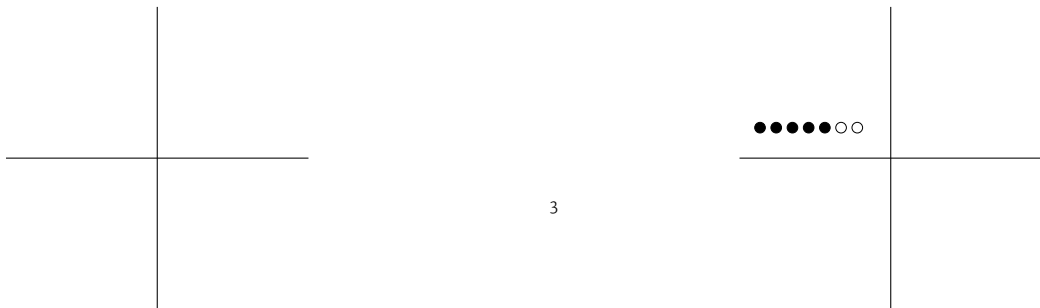
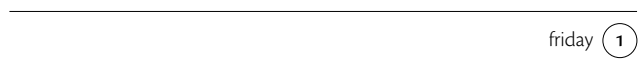
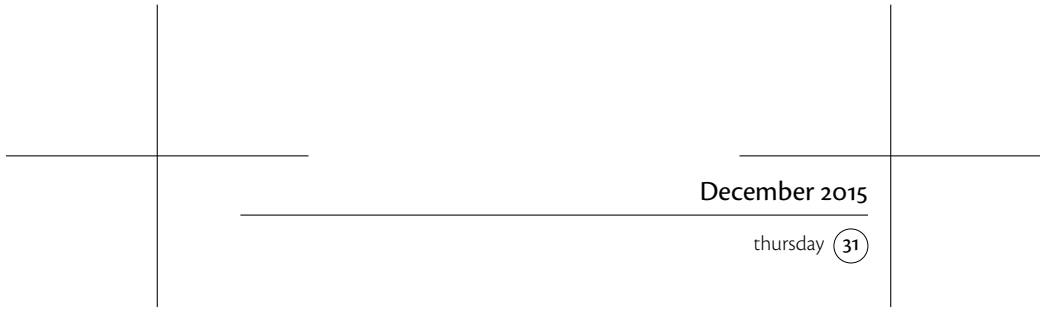
week 53

28 monday

29 tuesday

30 wednesday

●●●○○○



January 2016

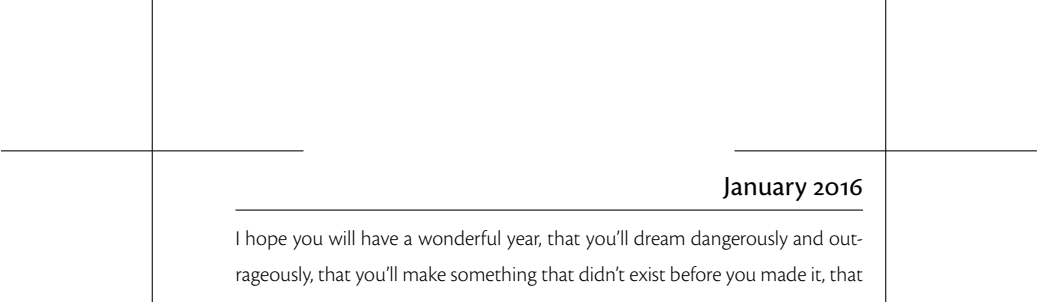
week 53

2 saturday

3 sunday

*

●●●●●●●●



January 2016

I hope you will have a wonderful year, that you'll dream dangerously and outrageously, that you'll make something that didn't exist before you made it, that you will be loved and that you will be liked, and that you will have people to love and to like in return. And, most importantly (because I think there should be more kindness and more wisdom in the world right now), that you will, when you need to be, be wise, and that you will always be kind. — Neil Gaiman

What have you felt grateful for this week?

January 2016

week 1

④ monday

⑤ tuesday

⑥ wednesday

●●●○○○

January 2016
thursday 7

friday 8

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7

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January 2016

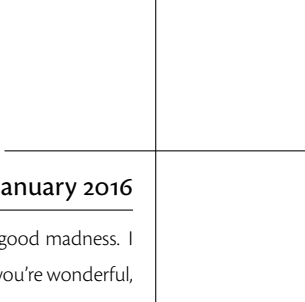
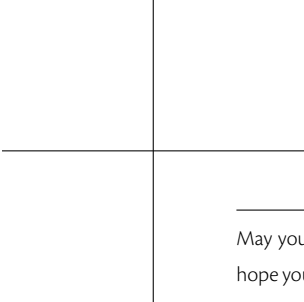
week 1

9 saturday

10 sunday

*

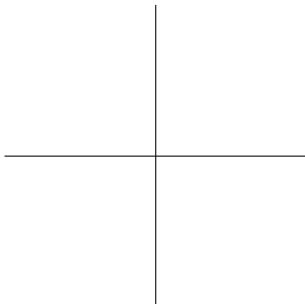
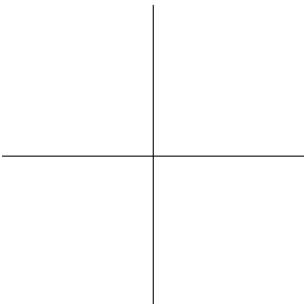
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January 2016

May your coming year be filled with magic and dreams and good madness. I hope you read some fine books and kiss someone who thinks you're wonderful, and don't forget to make some art—write or draw or build or sing or live as only you can. And I hope, somewhere in the next year, you surprise yourself. — Neil Gaiman

What have you felt grateful for this week?



January 2016

week 2

11 monday

12 tuesday

13 wednesday

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January 2016
thursday 14

friday 15

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January 2016

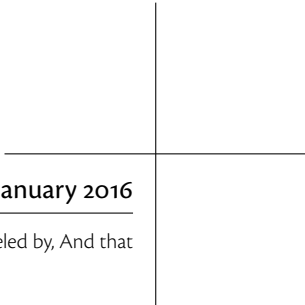
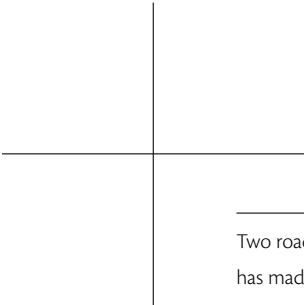
week 2

16 saturday

17 sunday

*

●●●●●●●●



January 2016

Two roads diverged in a wood, and I—I took the one less traveled by, And that
has made all the difference. — Robert Frost

What have you felt grateful for this week?

January 2016

week 3

18 monday

19 tuesday

20 wednesday

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January 2016
thursday 21

friday 22

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January 2016

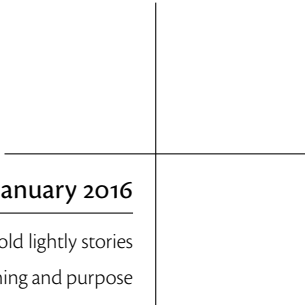
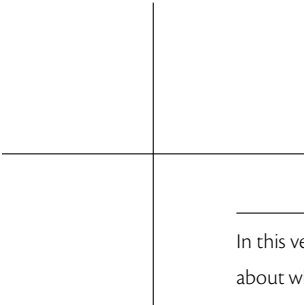
week 3

23 saturday

24 sunday

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January 2016

In this very moment, will you accept the sad and the sweet, hold lightly stories about what's possible, and be the author of a life that has meaning and purpose for you, turning in kindness back to that life when you find yourself moving away from it? — Kelly G. Wilson

What have you felt grateful for this week?

January 2016

week 4

25 monday

26 tuesday

27 wednesday

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January 2016
thursday 28

friday 29

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January 2016

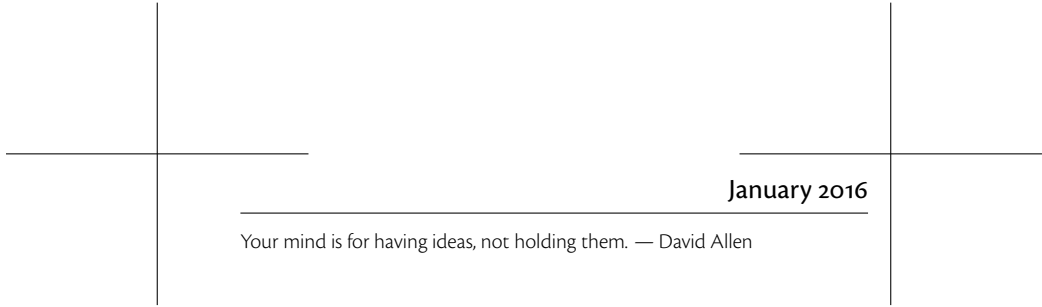
week 4

30 saturday

31 sunday

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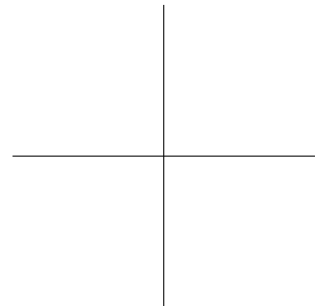
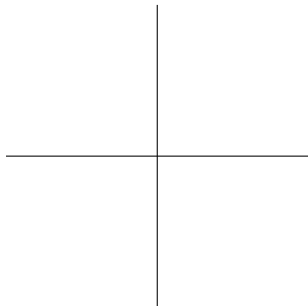
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January 2016

Your mind is for having ideas, not holding them. — David Allen

What have you felt grateful for this week?



February 2016

week 5

① monday

② tuesday

③ wednesday

●●●○○○

February 2016
thursday ④

friday ⑤

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February 2016

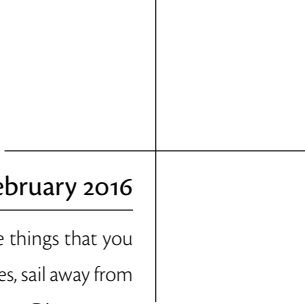
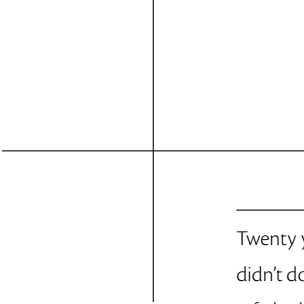
week 5

6 saturday

7 sunday

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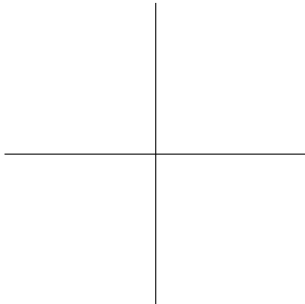
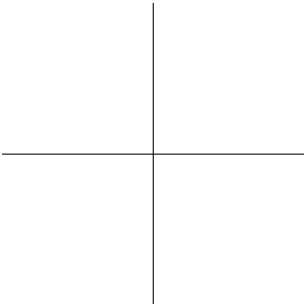
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February 2016

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover. — Mark Twain

What have you felt grateful for this week?



February 2016

week 6

8 monday

9 tuesday

10 wednesday

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February 2016
thursday 11

friday 12

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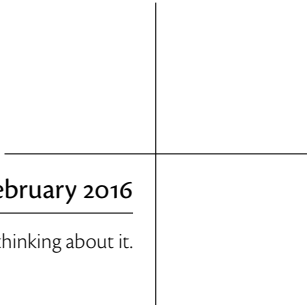
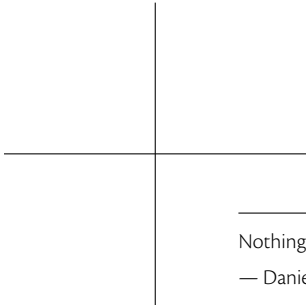
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13 saturday

14 sunday

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February 2016

Nothing in life is as important as you think it is, while you are thinking about it.
— Daniel Kahneman

What have you felt grateful for this week?

February 2016

week 7

15 monday

16 tuesday

17 wednesday

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February 2016
thursday 18

friday 19

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February 2016

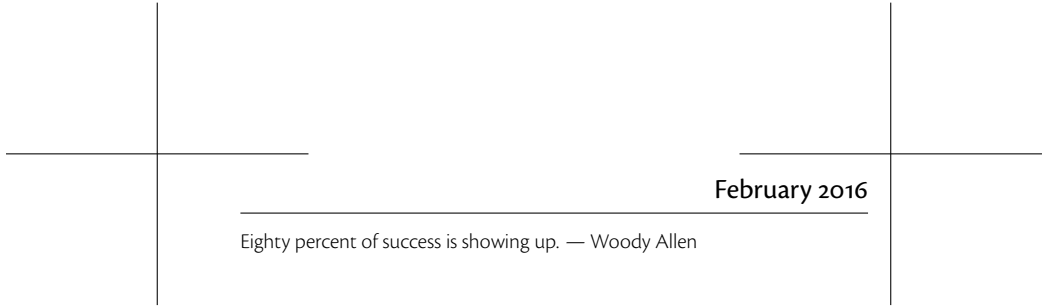
week 7

20 saturday

21 sunday

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What have you felt grateful for this week?



February 2016

week 8

22 monday

23 tuesday

24 wednesday

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February 2016
thursday 25

friday 26

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February 2016

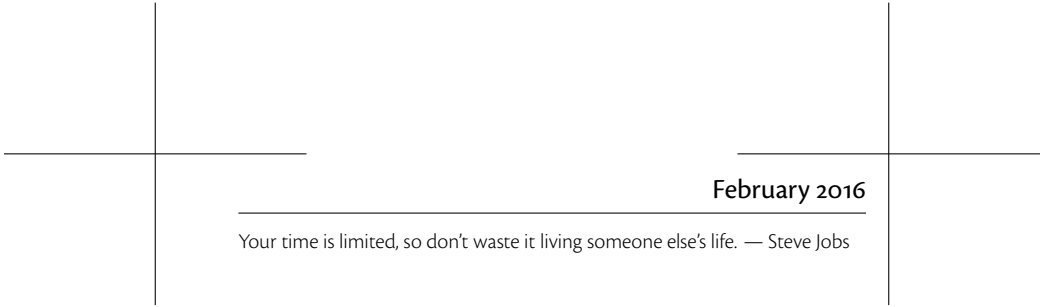
week 8

27 saturday

28 sunday

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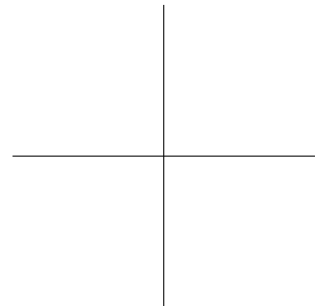
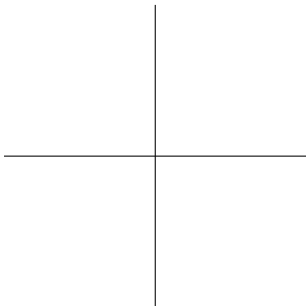
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February 2016

Your time is limited, so don't waste it living someone else's life. — Steve Jobs

What have you felt grateful for this week?



29 monday

1 tuesday

2 wednesday

●●●○○○

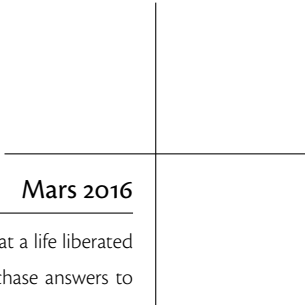
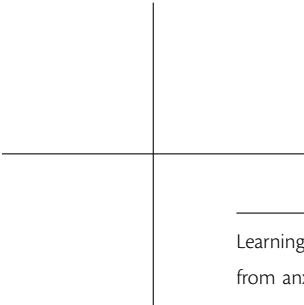


5 saturday

6 sunday

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Mars 2016

Learning to sit with ambiguity can be a very important start at a life liberated from anxiety—and the way to do it is to resist the urge to chase answers to questions that may actually be unanswerable. — Kelly G. Wilson

What have you felt grateful for this week?

Mars 2016

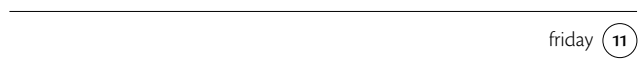
week 10

⑦ monday

⑧ tuesday

⑨ wednesday

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Mars 2016

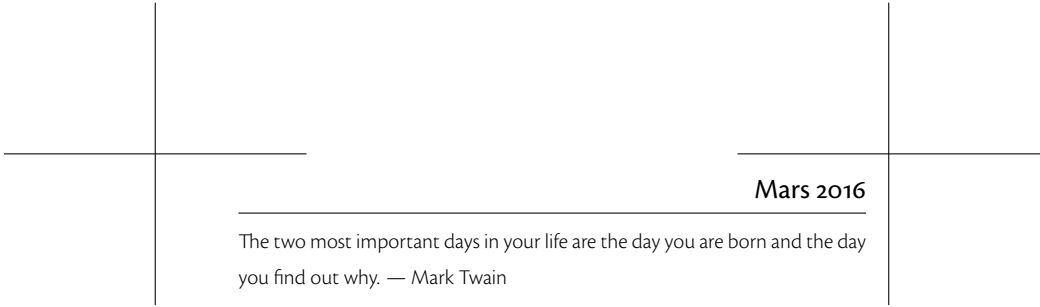
week 10

12 saturday

13 sunday

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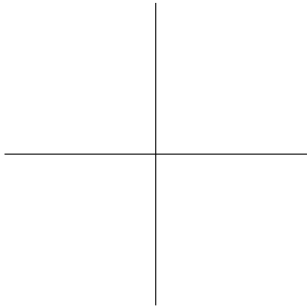
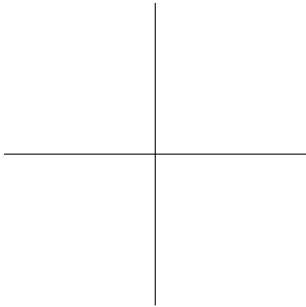
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Mars 2016

The two most important days in your life are the day you are born and the day you find out why. — Mark Twain

What have you felt grateful for this week?



Mars 2016

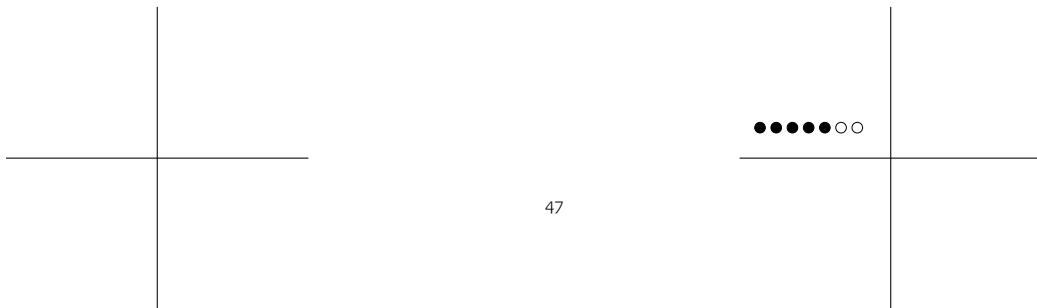
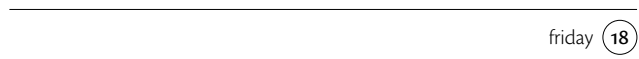
week 11

14 monday

15 tuesday

16 wednesday

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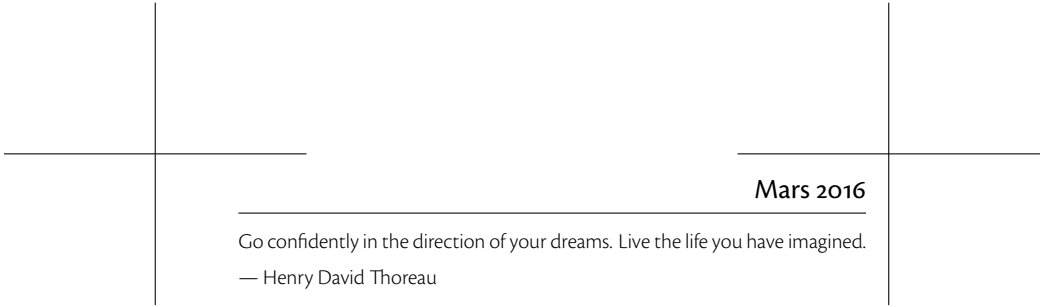


19 saturday

20 sunday

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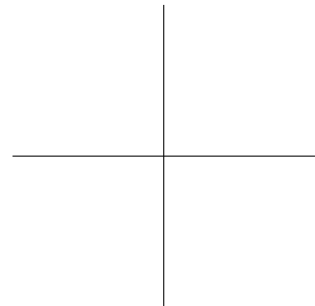
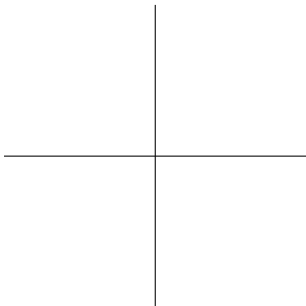
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Mars 2016

Go confidently in the direction of your dreams. Live the life you have imagined.
— Henry David Thoreau

What have you felt grateful for this week?



Mars 2016

week 12

21 monday

22 tuesday

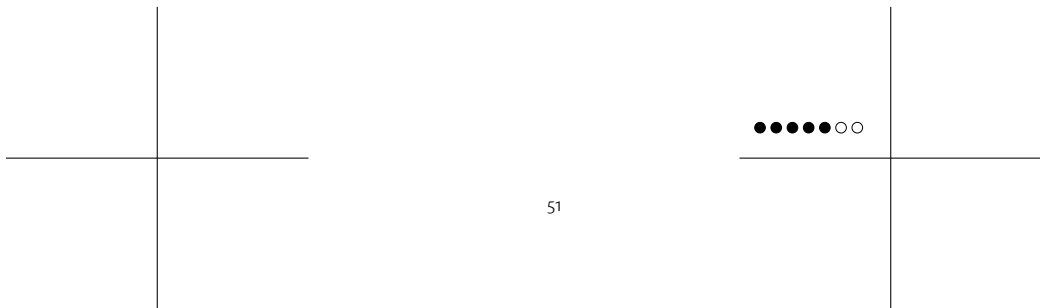
23 wednesday

●●●○○○



friday 25

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Mars 2016

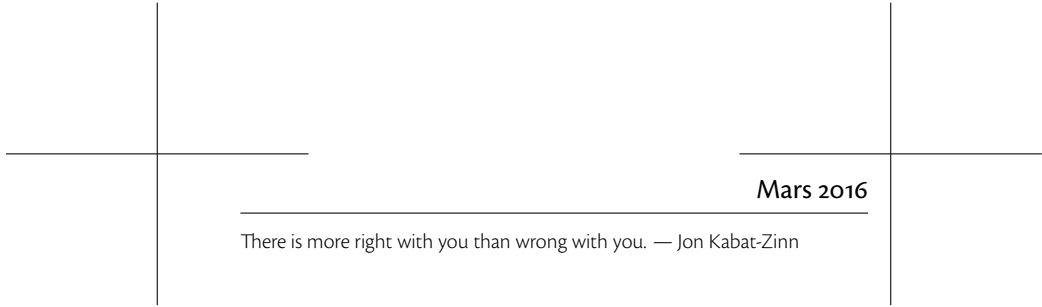
week 12

26 saturday

27 sunday

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Mars 2016

There is more right with you than wrong with you. — Jon Kabat-Zinn

What have you felt grateful for this week?



Mars 2016

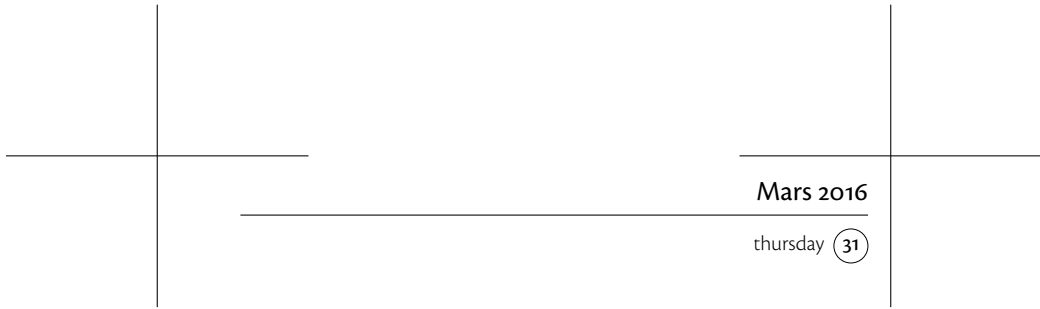
week 13

28 monday

29 tuesday

30 wednesday

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April 2016

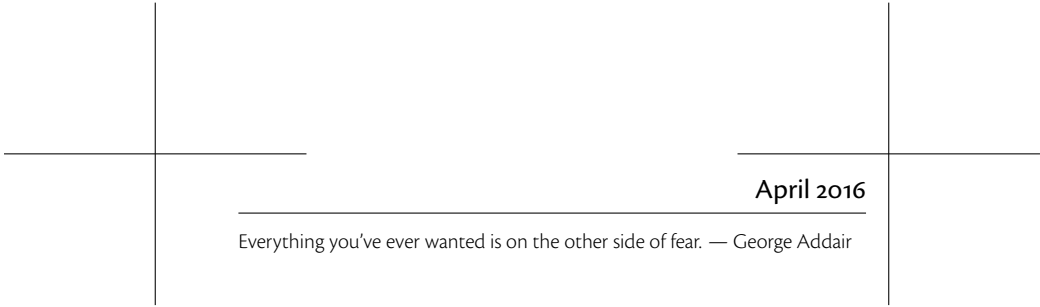
week 13

2 saturday

3 sunday

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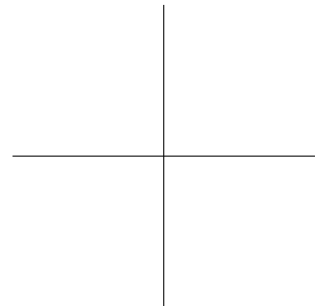
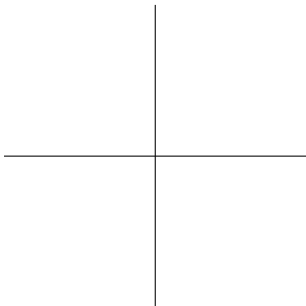
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April 2016

Everything you've ever wanted is on the other side of fear. — George Addair

What have you felt grateful for this week?



April 2016

week 14

④ monday

⑤ tuesday

⑥ wednesday

●●●○○○

April 2016
thursday 7

friday 8

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April 2016


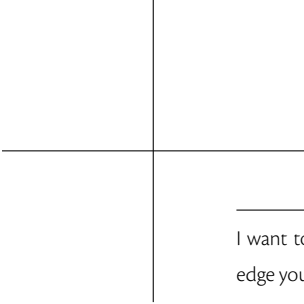
week 14

9 saturday

10 sunday

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April 2016

I want to stand as close to the edge as I can without going over. Out on the edge you see all kinds of things you can't see from the center. — Kurt Vonnegut

What have you felt grateful for this week?

April 2016

week 15

11 monday

12 tuesday

13 wednesday

●●●○○○

April 2016
thursday 14

friday 15

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April 2016

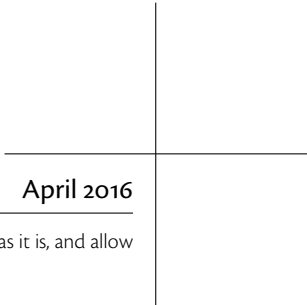
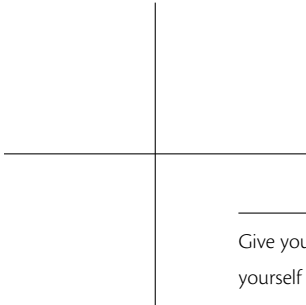
week 15

16 saturday

17 sunday

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April 2016

Give yourself permission to allow this moment to be exactly as it is, and allow yourself to be exactly as you are. — Jon Kabat-Zinn

What have you felt grateful for this week?

April 2016

week 16

18 monday

19 tuesday

20 wednesday

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April 2016
thursday 21

friday 22

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April 2016


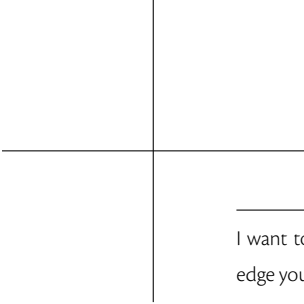
week 16

23 saturday

24 sunday

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April 2016

The world breaks everyone, and afterward, many are strong at the broken places.
— Ernest Hemingway

What have you felt grateful for this week?

April 2016

week 17

25 monday

26 tuesday

27 wednesday

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April 2016
thursday 28

friday 29

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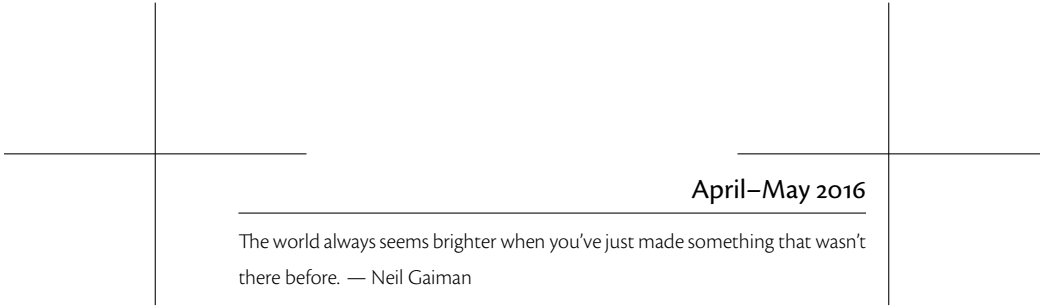
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30 saturday

1 sunday

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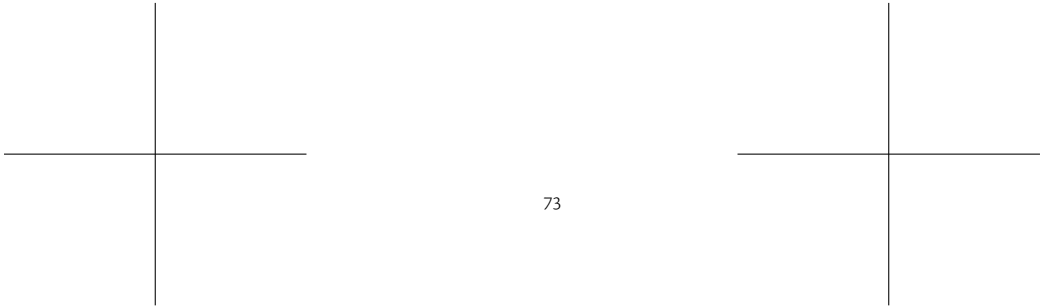
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April-May 2016

The world always seems brighter when you've just made something that wasn't there before. — Neil Gaiman

What have you felt grateful for this week?



May 2016

week 18

② monday

③ tuesday

④ wednesday

●●●○○○

May 2016
thursday 5

friday 6

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May 2016

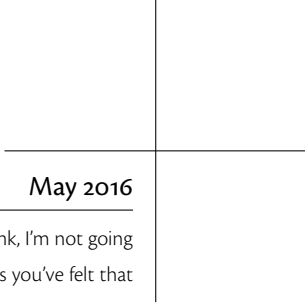
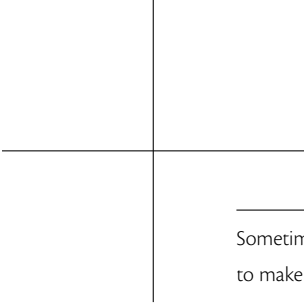
week 18

7 saturday

8 sunday

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May 2016

Sometimes you climb out of bed in the morning and you think, I'm not going to make it, but you laugh inside — remembering all the times you've felt that way. — Charles Bukowski

What have you felt grateful for this week?

May 2016

week 19

9 monday

10 tuesday

11 wednesday

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May 2016
thursday 12

friday 13

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May 2016

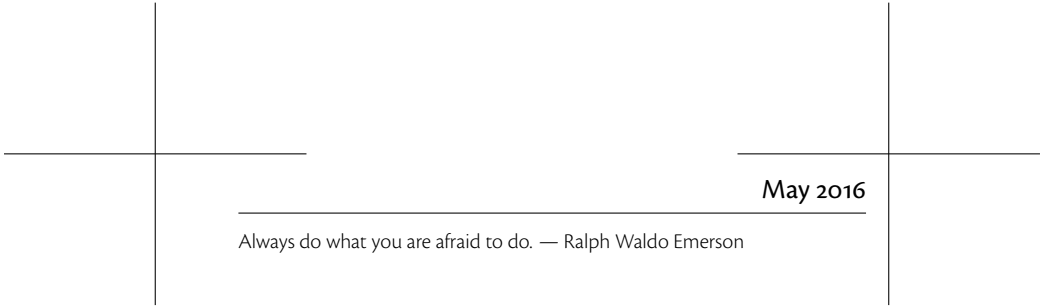
week 19

14 saturday

15 sunday

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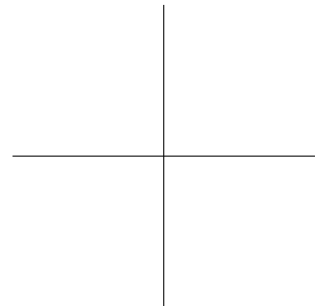
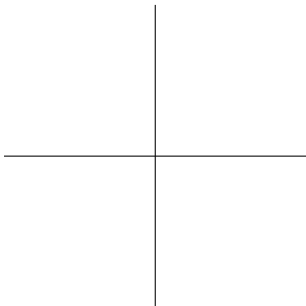
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May 2016

Always do what you are afraid to do. — Ralph Waldo Emerson

What have you felt grateful for this week?



May 2016

week 20

16 monday

17 tuesday

18 wednesday

●●●○○○

May 2016
thursday 19

friday 20

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May 2016


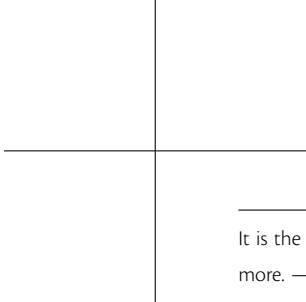
week 20

21 saturday

22 sunday

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May 2016

It is the unknown we fear when we look upon death and darkness, nothing more. — J.K. Rowling

What have you felt grateful for this week?

May 2016

week 21

23 monday

24 tuesday

25 wednesday

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May 2016
thursday 26

friday 27

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May 2016

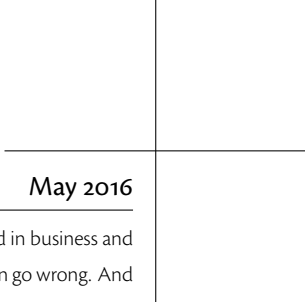
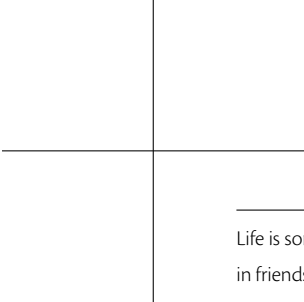
week 21

28 saturday

29 sunday

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May 2016

Life is sometimes hard. Things go wrong, in life and in love and in business and in friendship and in health and in all the other ways that life can go wrong. And when things get tough, this is what you should do. Make good art. — Neil Gaiman

What have you felt grateful for this week?

May 2016

week 22

30 monday

31 tuesday

1 wednesday

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June 2016

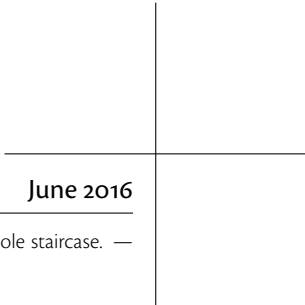
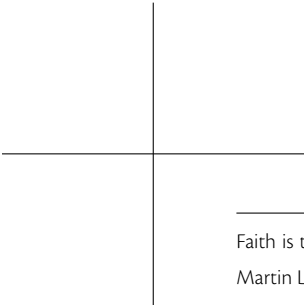
week 22

4 saturday

5 sunday

*

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June 2016

Faith is taking the first step even when you can't see the whole staircase. —
Martin Luther King Jr.

What have you felt grateful for this week?

June 2016

week 23

⑥ monday

⑦ tuesday

⑧ wednesday

●●●○○○

June 2016
thursday 9

friday 10

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June 2016


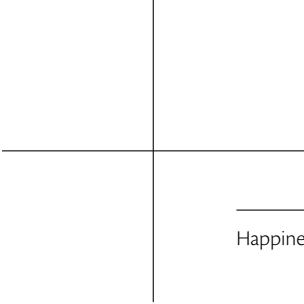
week 23

11 saturday

12 sunday

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June 2016

Happiness in intelligent people is the rarest thing I know. — Ernest Hemingway

What have you felt grateful for this week?

June 2016

week 24

13 monday

14 tuesday

15 wednesday

●●●○○○



friday 17

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June 2016

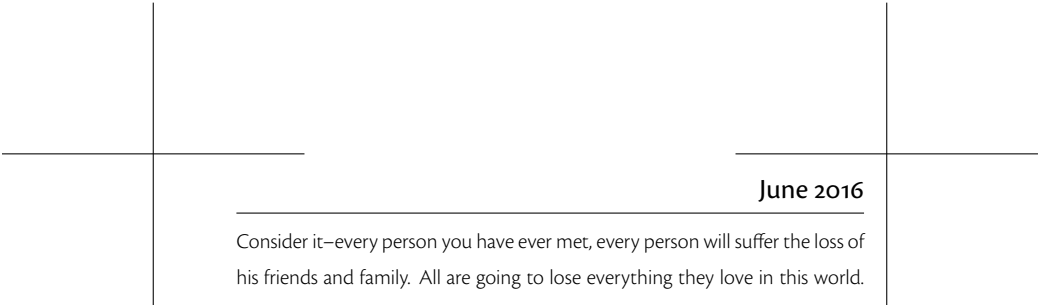
week 24

18 saturday

19 sunday

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June 2016

Consider it—every person you have ever met, every person will suffer the loss of his friends and family. All are going to lose everything they love in this world. Why would one want to be anything but kind to them in the meantime? — Sam Harris

What have you felt grateful for this week?

June 2016

week 25

20 monday

21 tuesday

22 wednesday

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June 2016
thursday 23

friday 24

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June 2016

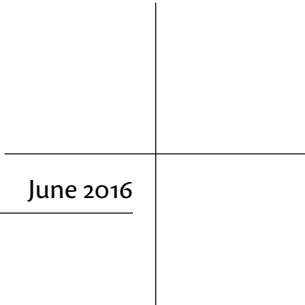
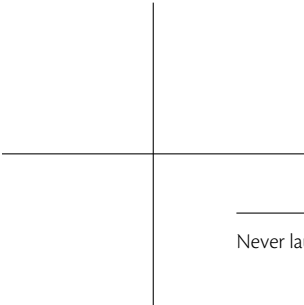
week 25

25 saturday

26 sunday

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●●●●●●●●



June 2016

Never laugh at live dragons. — J.R.R. Tolkien

What have you felt grateful for this week?

June 2016

week 26

27 monday

28 tuesday

29 wednesday

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June 2016
thursday 30

friday 1

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July 2016

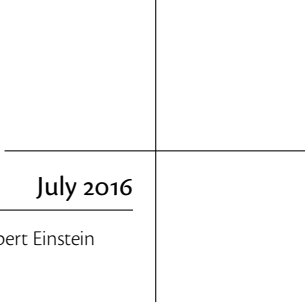
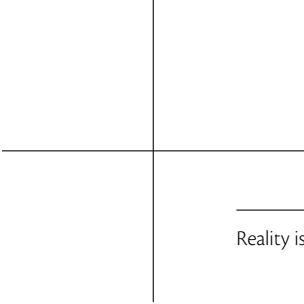
week 26

2 saturday

3 sunday

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July 2016

Reality is merely an illusion, albeit a very persistent one. — Albert Einstein

What have you felt grateful for this week?

July 2016

week 27

④ monday

⑤ tuesday

⑥ wednesday

●●●○○○

July 2016
thursday 7

friday 8

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July 2016

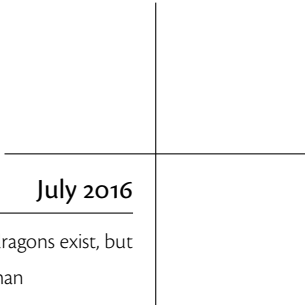
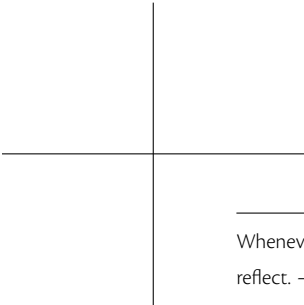
week 27

9 saturday

10 sunday

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July 2016

Fairy tales are more than true—not because they tell us that dragons exist, but because they tell us that dragons can be beaten. — Neil Gaiman

What have you felt grateful for this week?

July 2016

week 28

11 monday

12 tuesday

13 wednesday

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July 2016
thursday 14

friday 15

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July 2016

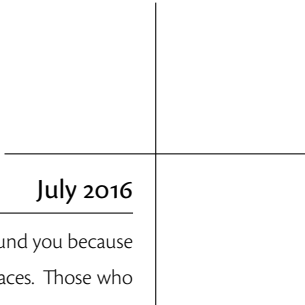
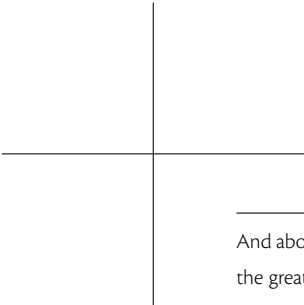
week 28

16 saturday

17 sunday

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●●●●●●●●



July 2016

And above all, watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don't believe in magic will never find it. — Roald Dahl

What have you felt grateful for this week?

July 2016

week 29

18 monday

19 tuesday

20 wednesday

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July 2016
thursday 21

friday 22

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July 2016

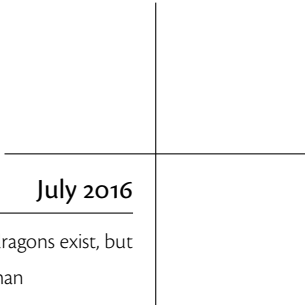
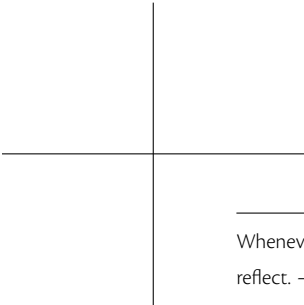
week 29

23 saturday

24 sunday

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July 2016

Whenever you find yourself on the side of the majority, it is time to pause and reflect. — Mark Twain

What have you felt grateful for this week?

July 2016

week 30

25 monday

26 tuesday

27 wednesday

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July 2016
thursday 28

friday 29

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July 2016

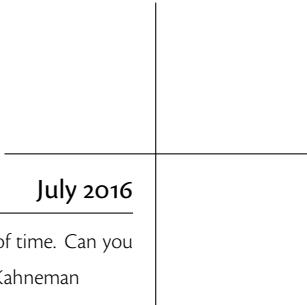
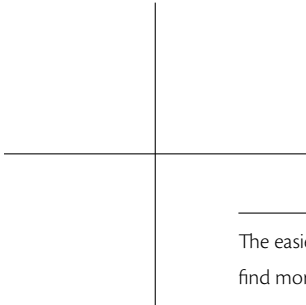
week 30

30 saturday

31 sunday

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July 2016

The easiest way to increase happiness is to control your use of time. Can you find more time to do the things you enjoy doing? — Daniel Kahneman

What have you felt grateful for this week?

August 2016

week 31

① monday

② tuesday

③ wednesday

●●●○○○

August 2016
thursday ④

friday ⑤

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●●●●●○○

August 2016


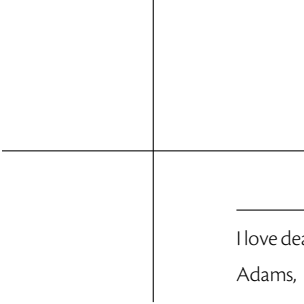
week 31

6 saturday

7 sunday

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August 2016

I love deadlines. I love the whooshing noise they make as they go by. — Douglas Adams,

What have you felt grateful for this week?

August 2016

week 32

8 monday

9 tuesday

10 wednesday

●●●○○○

August 2016
thursday 11

friday 12

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August 2016

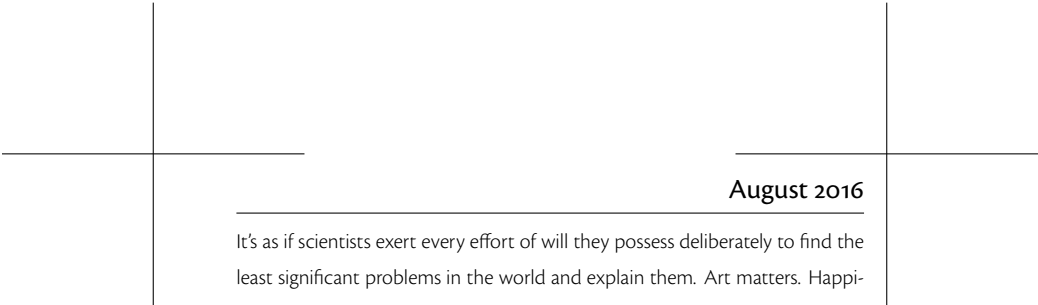
week 32

13 saturday

14 sunday

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August 2016

It's as if scientists exert every effort of will they possess deliberately to find the least significant problems in the world and explain them. Art matters. Happiness matters. Love matters. Good matters. Evil matters. Slam the fridge door. They are the only things that matter and they are of course precisely the things that science goes out of its way to ignore. — Stephen Fry

What have you felt grateful for this week?

August 2016

week 33

15 monday

16 tuesday

17 wednesday

●●●○○○

August 2016
thursday 18

friday 19

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●●●●●○○

August 2016

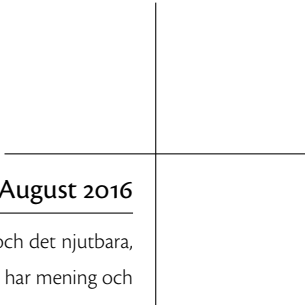
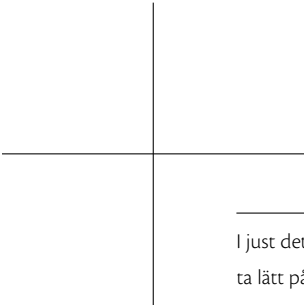
week 33

20 saturday

21 sunday

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August 2016

I just detta ögonblick, är du villig att uppleva det ledsamma och det njutbara, ta lätt på berättelser om vad som är möjligt, skapa ett liv som har mening och syfte för dig och med ömhet vända tillbaka till det livet när du finner dig på avvägar?

What have you felt grateful for this week?

August 2016

week 34

22 monday

23 tuesday

24 wednesday

●●●○○○

August 2016
thursday 25

friday 26

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August 2016


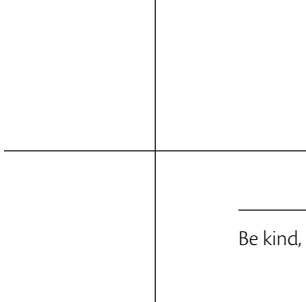
week 34

27 saturday

28 sunday

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August 2016

Be kind, for everyone you meet is fighting a harder battle. — Plato

What have you felt grateful for this week?

August 2016

week 35

29 monday

30 tuesday

31 wednesday

●●●○○○

September 2016
thursday ①

friday ②

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September 2016


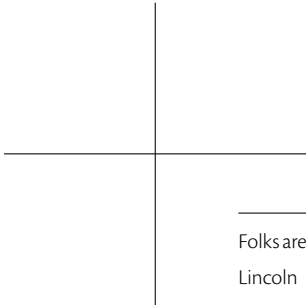
week 35

3 saturday

4 sunday

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September 2016

Folks are usually about as happy as they make their minds up to be. — Abraham Lincoln

What have you felt grateful for this week?

September 2016

week 36

5 monday

6 tuesday

7 wednesday

●●●○○○

September 2016
thursday 8

friday 9

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September 2016

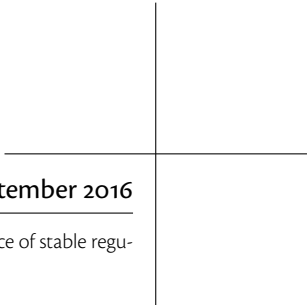
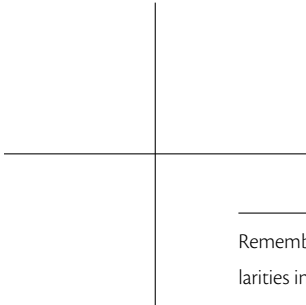
week 36

10 saturday

11 sunday

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September 2016

Remember this rule—intuition cannot be trusted in the absence of stable regularities in the environment. — Daniel Kahneman

What have you felt grateful for this week?

September 2016

week 37

12 monday

13 tuesday

14 wednesday

●●●○○○

September 2016
thursday 15

friday 16

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September 2016

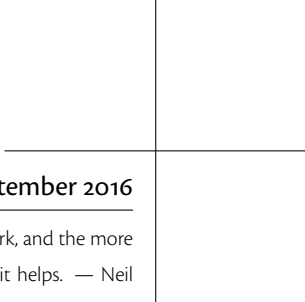
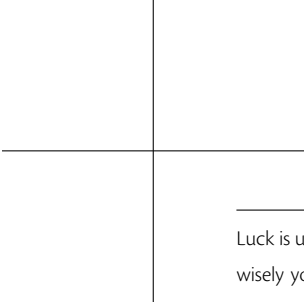
week 37

17 saturday

18 sunday

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September 2016

Luck is useful. Often you will discover that the harder you work, and the more wisely you work, the luckier you get. But there is luck, and it helps. — Neil Gaiman

What have you felt grateful for this week?

September 2016

week 38

19 monday

20 tuesday

21 wednesday

●●●○○○

September 2016
thursday 22

friday 23

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September 2016

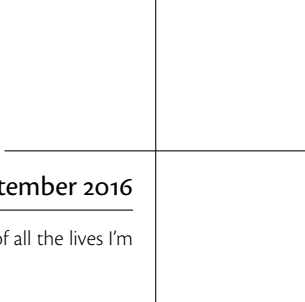
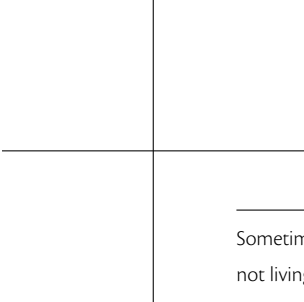
week 38

24 saturday

25 sunday

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September 2016

Sometimes I can hear my bones straining under the weight of all the lives I'm not living. — Jonathan Safran Foer

What have you felt grateful for this week?

September 2016

week 39

26 monday

27 tuesday

28 wednesday

●●●○○○

September 2016
thursday 29

friday 30

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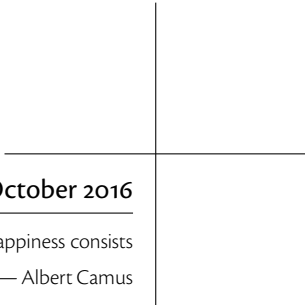
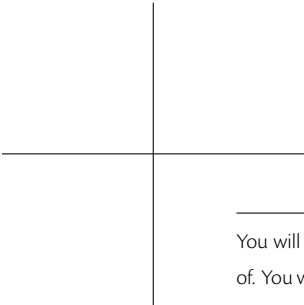
●●●●●○○

1 saturday

2 sunday

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October 2016

You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life. — Albert Camus

What have you felt grateful for this week?

October 2016

week 40

③ monday

④ tuesday

⑤ wednesday

●●●○○○

October 2016
thursday ⑥

friday ⑦

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October 2016

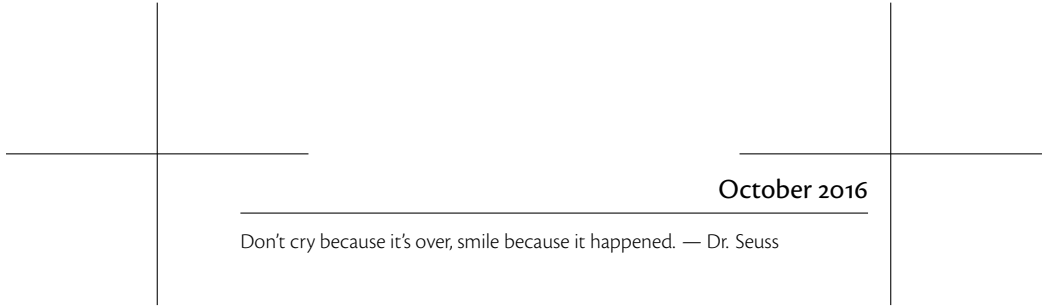
week 40

8 saturday

9 sunday

*

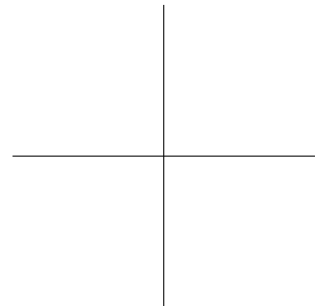
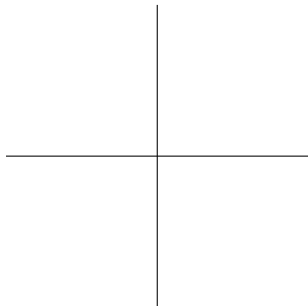
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October 2016

Don't cry because it's over, smile because it happened. — Dr. Seuss

What have you felt grateful for this week?



October 2016

week 41

10 monday

11 tuesday

12 wednesday

●●●○○○

October 2016
thursday 13

friday 14

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October 2016

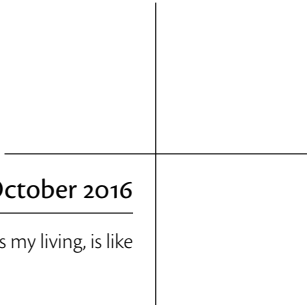
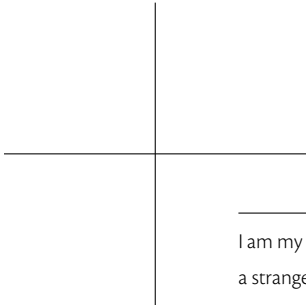
week 41

15 saturday

16 sunday

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October 2016

I am my remembering self, and the experiencing self, who does my living, is like a stranger to me. — Daniel Kahneman

What have you felt grateful for this week?

October 2016

week 42

17 monday

18 tuesday

19 wednesday

●●●○○○

October 2016
thursday 20

friday 21

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October 2016

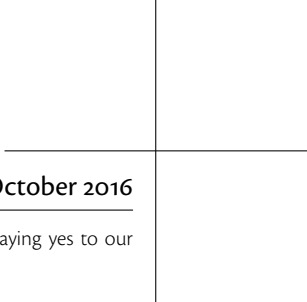
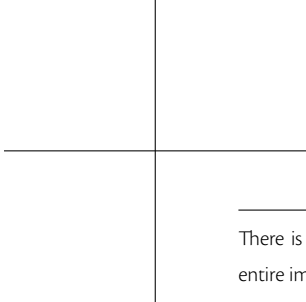
week 42

22 saturday

23 sunday

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October 2016

There is something wonderfully bold and liberating about saying yes to our entire imperfect and messy life. — Tara Brach

What have you felt grateful for this week?

October 2016

week 43

24 monday

25 tuesday

26 wednesday

●●●○○○

October 2016
thursday 27

friday 28

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October 2016

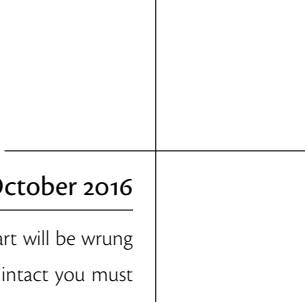
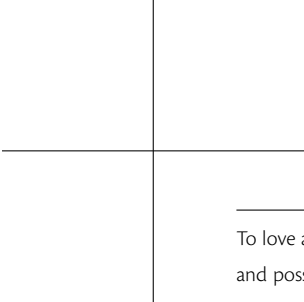
week 43

29 saturday

30 sunday

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October 2016

To love at all is to be vulnerable. Love anything and your heart will be wrung and possibly broken. If you want to make sure of keeping it intact you must give it to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements. Lock it up safe in the casket or coffin of your selfishness. But in that casket, safe, dark, motionless, airless, it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable. To love is to be vulnerable. — C.S. Lewis

What have you felt grateful for this week?

31 monday

1 tuesday

2 wednesday

●●●○○○

November 2016
thursday ③

friday ④

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●●●●●○○

November 2016

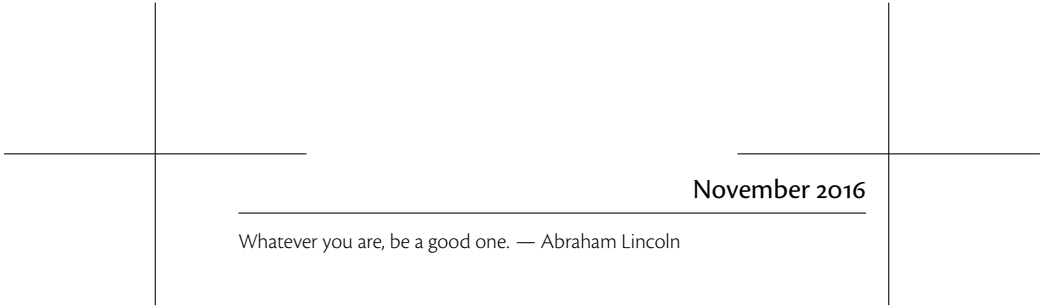
week 44

5 saturday

6 sunday

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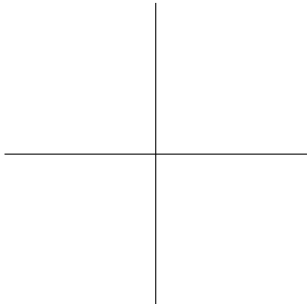
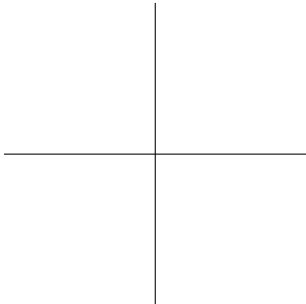
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November 2016

Whatever you are, be a good one. — Abraham Lincoln

What have you felt grateful for this week?



November 2016

week 45

⑦ monday

⑧ tuesday

⑨ wednesday

●●●○○○

November 2016
thursday 10

friday 11

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●●●●●○○

November 2016

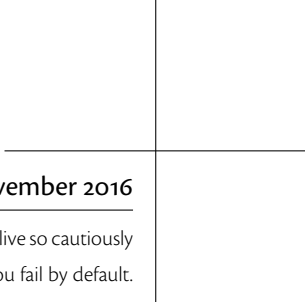
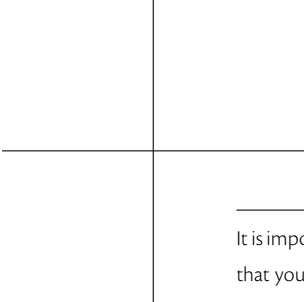
week 45

12 saturday

13 sunday

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November 2016

It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all - in which case, you fail by default.
— J.K. Rowling

What have you felt grateful for this week?

November 2016

week 46

14 monday

15 tuesday

16 wednesday

●●●○○○

November 2016
thursday 17

friday 18

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November 2016

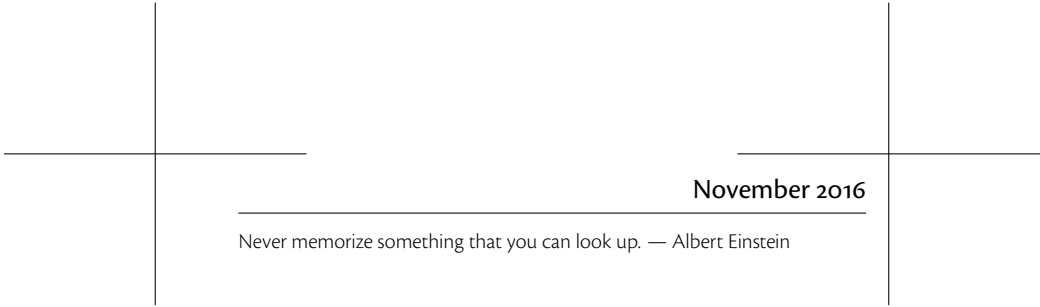
week 46

19 saturday

20 sunday

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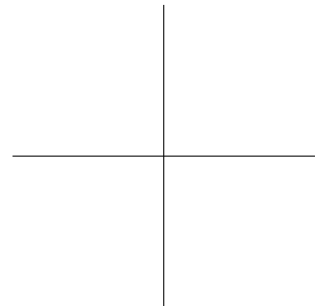
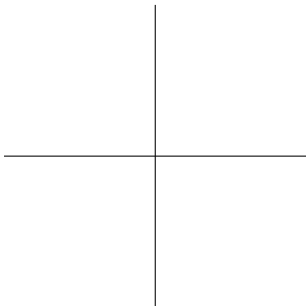
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November 2016

Never memorize something that you can look up. — Albert Einstein

What have you felt grateful for this week?



November 2016

week 47

21 monday

22 tuesday

23 wednesday

●●●○○○

November 2016
thursday 24

friday 25

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●●●●●○○

November 2016

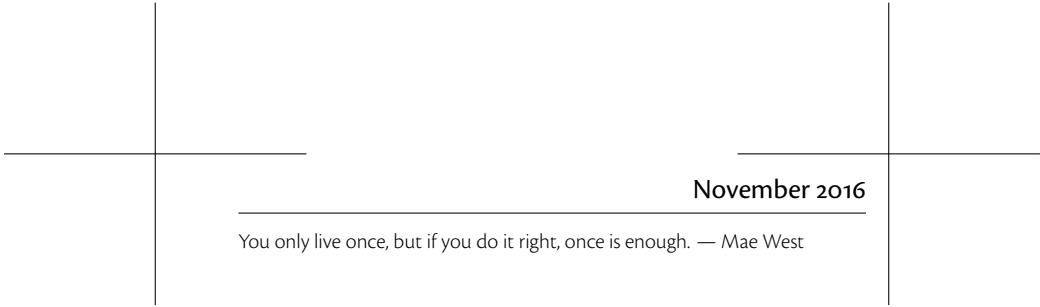
week 47

26 saturday

27 sunday

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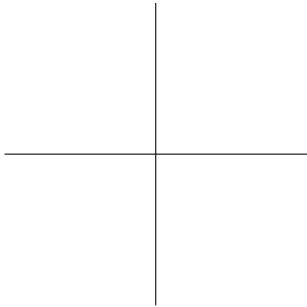
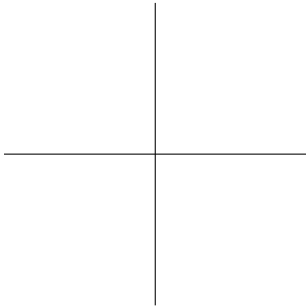
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November 2016

You only live once, but if you do it right, once is enough. — Mae West

What have you felt grateful for this week?



November 2016

week 48

28 monday

29 tuesday

30 wednesday

●●●○○○

December 2016
thursday ①

friday ②

*

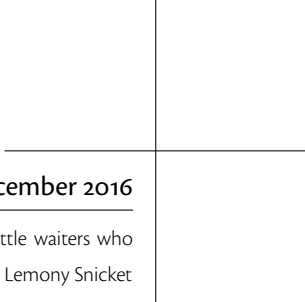
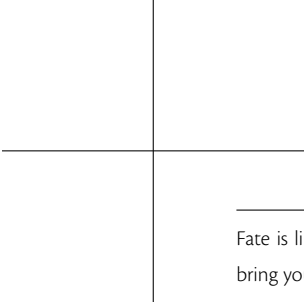
●●●●●○○

3 saturday

4 sunday

*

●●●●●●●●



December 2016

Fate is like a strange, unpopular restaurant filled with odd little waiters who bring you things you never asked for and don't always like. — Lemony Snicket

What have you felt grateful for this week?

⑤ monday

⑥ tuesday

⑦ wednesday

●●●○○○

December 2016
thursday 8

friday 9

*


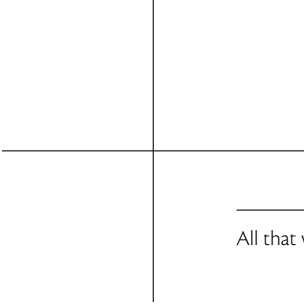
●●●●●○○

10 saturday

11 sunday

*

●●●●●●●●



December 2016

All that we see or seem is but a dream within a dream. — Edgar Allan Poe

What have you felt grateful for this week?

December 2016

week 50

12 monday

13 tuesday

14 wednesday

●●●○○○

December 2016
thursday 15

friday 16

*

●●●●●○○

December 2016


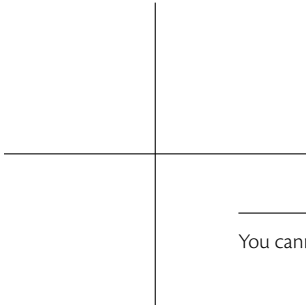
week 50

17 saturday

18 sunday

*

●●●●●●●●



December 2016

You cannot find peace by avoiding life. — Virginia Woolf

What have you felt grateful for this week?

December 2016

week 51

19 monday

20 tuesday

21 wednesday

●●●○○○

December 2016
thursday 22

friday 23

*

●●●●●○○

December 2016

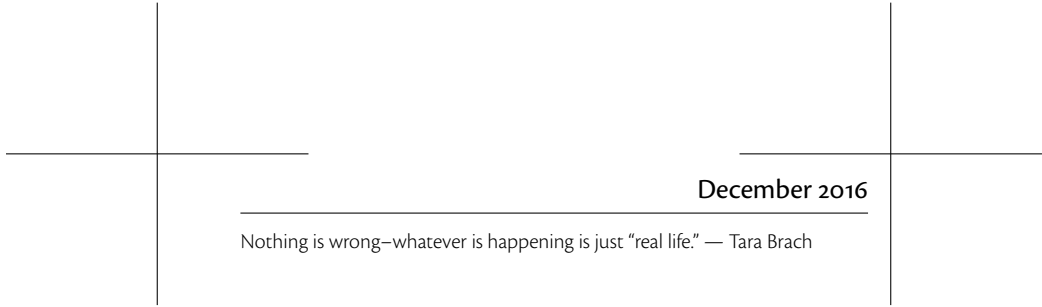
week 51

24 saturday

25 sunday

*

●●●●●●●●



What have you felt grateful for this week?



December 2016

week 52

26 monday

27 tuesday

28 wednesday

●●●○○○

December 2016
thursday 29

friday 30

*

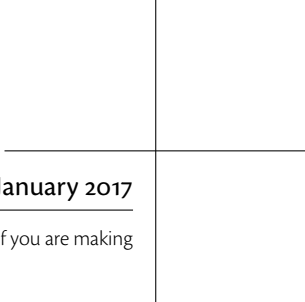
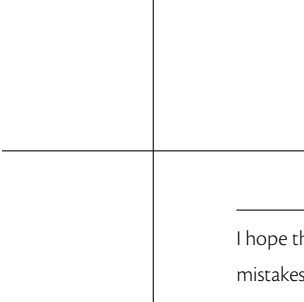
●●●●●○○

31 saturday

1 sunday

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●●●●●●●●



December 2016–January 2017

I hope that in this year to come, you make mistakes. Because if you are making mistakes...you're Doing Something. — Neil Gaiman

What have you felt grateful for this week?



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