

New Year's Guide



Hey you!

So, are you:

Crazy? Excited? Afraid? Fueled? "I have no idea what I am feeling anymore, I am in the middle of a crisis"? "I don't know where to begging"? "I don't know where I want to get"? "I have no idea of what to do"?

All options? None? Don't know? Truly, we get it!

It's in the start of the discomfort process that those thoughts come up:

What have I been doing in the past few months?
Where am I getting this year?
#howto plan?
What is it that I actually want?

Well, we are cari.design and we want to help you start doing something! No superficial bla bla bla that only makes you feel guilty for not having done everything, or huge frameworks for plans that will always be very much alive in paper, but not so much in real life.

Nop, we don't do that, therefore let's align expectations: here you will find 3 simple tools to help you respond the questions above.

The first: Bye

It's a feedback from you, for you, to figure out what's going to be history and what you will carry in your next steps.

The second: Hey

It's a quick guide from the future you, 3 months from now, for you now, today, to help you understand what do you want and how you may start tomorrow.

The third: Got lost, #howto?

It's a serie of questions and answers, your answers will build up a path of actions to help

you find and inspire yourself, breath, and not freak out.

We know this tools won't solve your lifelong issues, we also don't promise that you will be any more productive, get more money, or find the love of your life. This is up to you (and life of course, because, you know, surprises come unannounced).

But, we can say from self experience that it has been helping us give small steps in the direction of big dreams! And truly, we hope it helps you and everyone to realize every single thing wanted, one step at a time.

Afterall we all have dreams, wishes, challenges, or we might just want to give a step towards living life in a more legit and authentic way, our way :)

So...

Shall we?!

Bye
Stop

Think quickly:

How has the past 6-12 months have been and list below what would you like to stop, continue and start to do from now on.

Start

Continue

Hey

If you were to write a letter from the future you, 3 months from now, to you nowadays, today: What would you say?

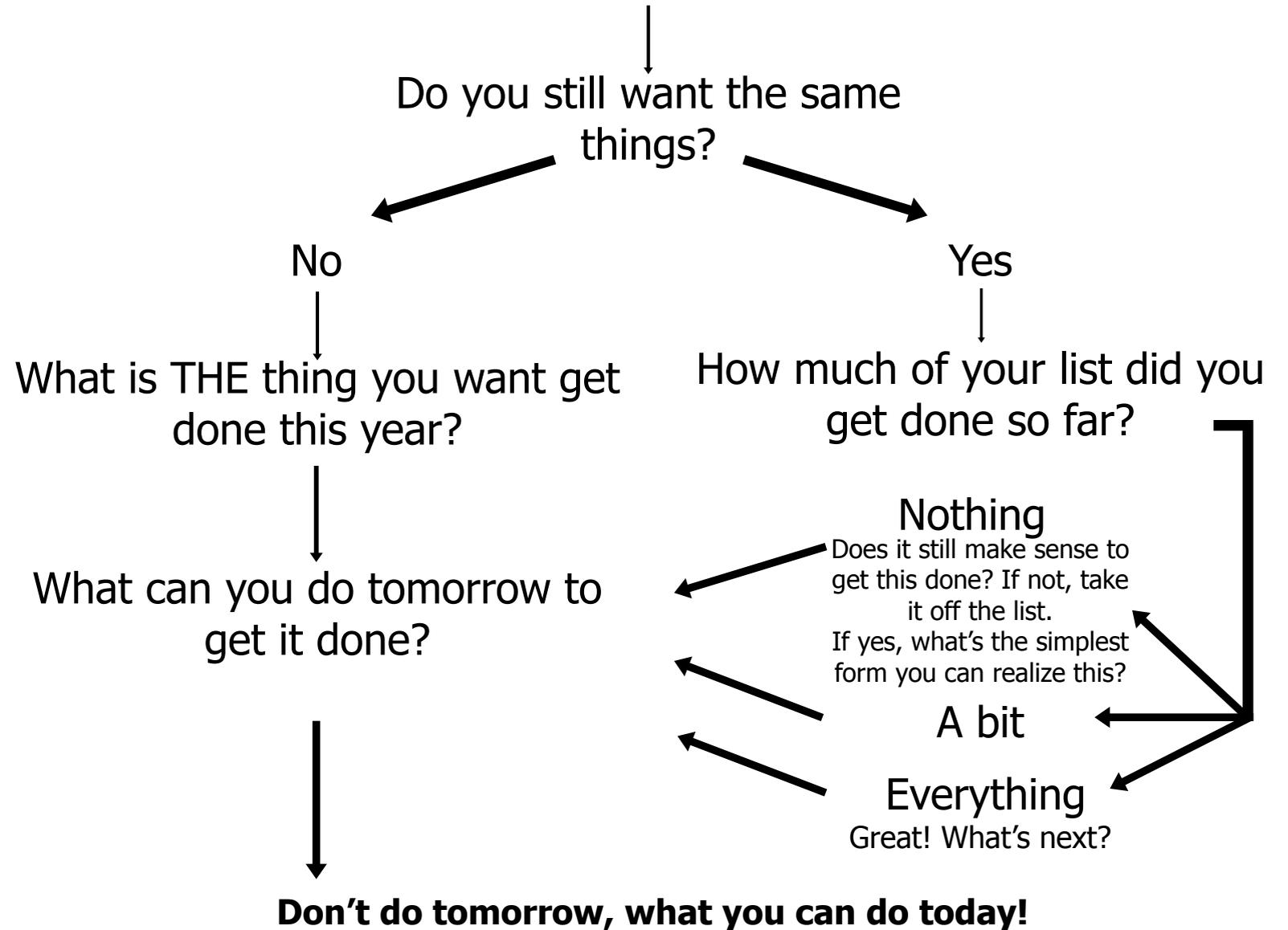
**Think quickly:
Who will you be 3 months from now?**

Make a list of things you imagine you need to do to become the person you imagine you will be 3 months from now.

Write down what you can start doing TODAY to realize the items in your list.

Got lost, #howto?

Review who you want to be by the end of your 3 month period, everything might have changed, and you didn't even realize.



Review quickly: how are you going so far?
Review the things you think you need to do, whenever you want to.

Our recommendation: review it once a month, just to check if you still want the same things till the end of your 3 months period.

But if you get confused, just review whenever you get lost, meaning, when you ask yourself:

Why am I doing this again?

This is always the best timing, no mistake, review and it will help!

- Benjamin Franklin

Thank you!

We hope you enjoyed this quick guide and if you might, say hi on our insta [@cari.design](#) or e-mail info@cari.design tell us about your experience! Suggestions and sharings are always very much welcomed! And that already means A LOT to us, trust me!

From the begging we like to thank the little things, like a simple hi, that can make such a difference. The difference only each one of us can do :)

**Enjoy your doing
and from us to you,
our very best wishes!**

Hellem Pedroso,
creator of



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