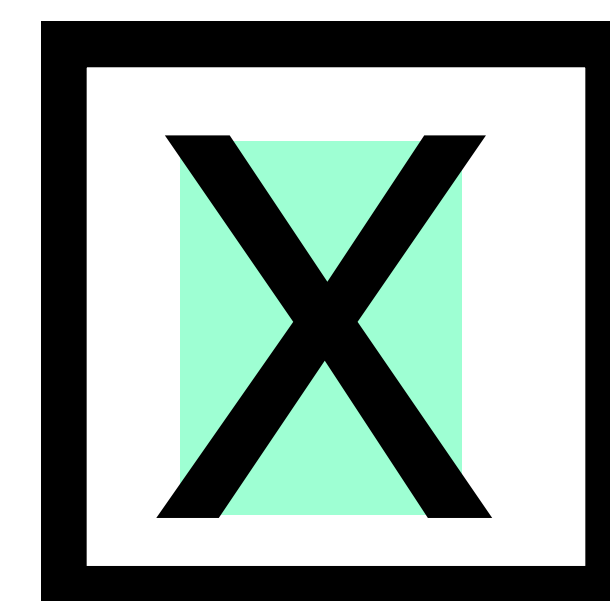


**ENJOY THE SPACE BETWEEN
WHERE YOU ARE
AND
WHERE YOU ARE GOING**

**AN EXPLORATIVE EXPERIENCE FOR THE END OF THE
YEAR, CAREFULLY DESIGNED BY THE PEOPLE AT**



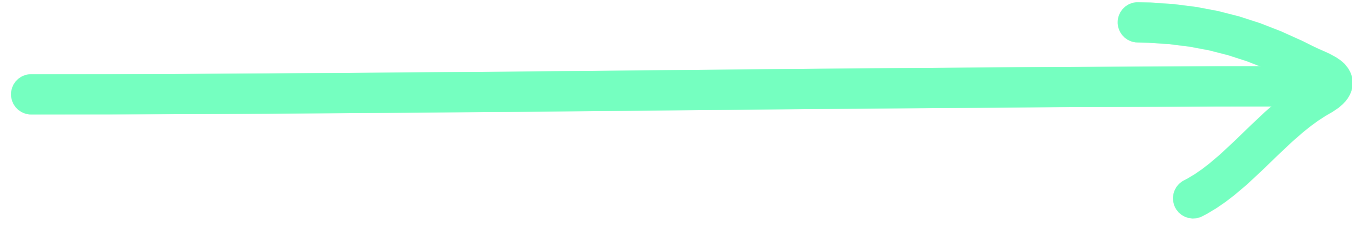
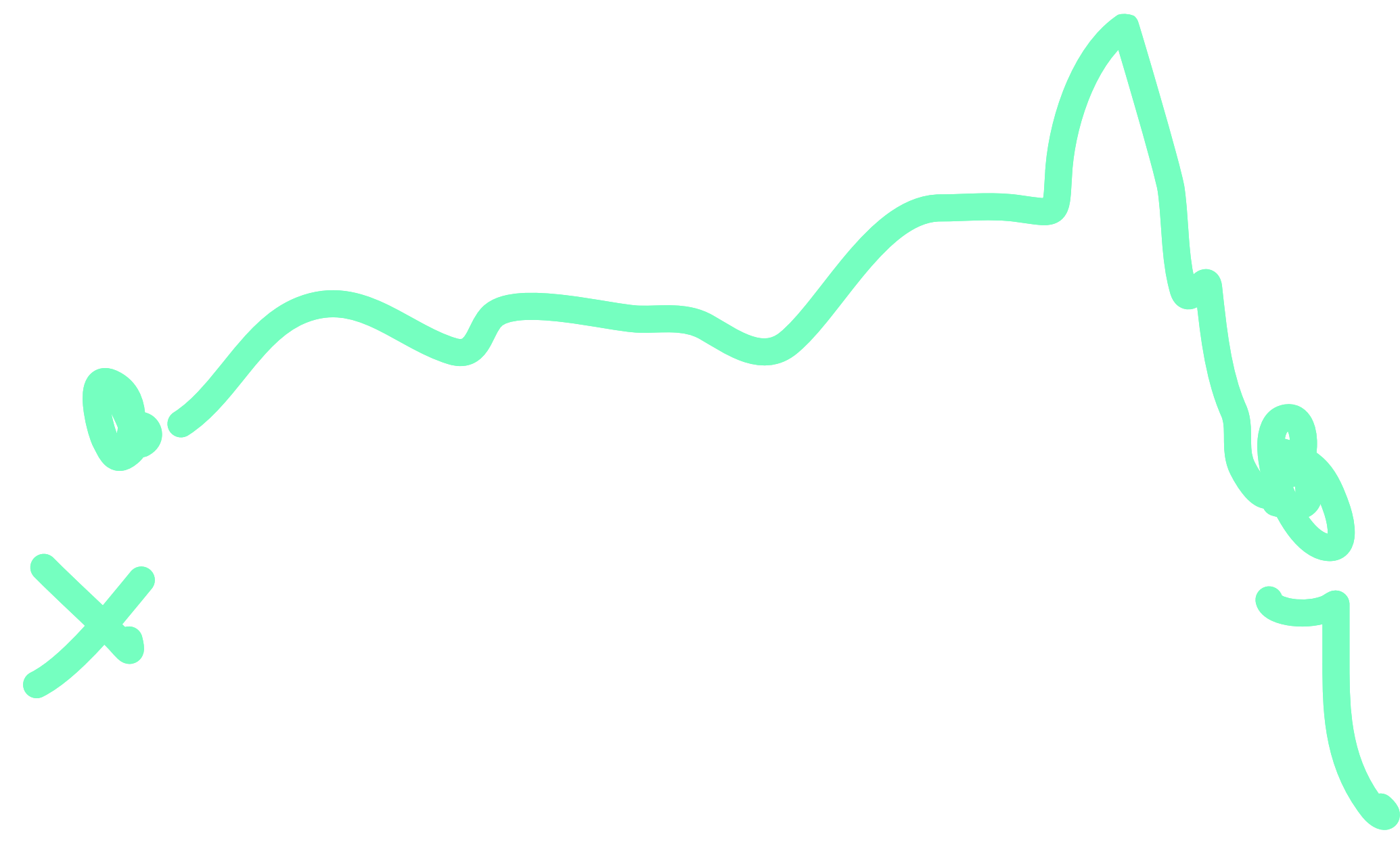
**the
school of
design**

for an better reading experience, we recommend you to

ROTATE YOUR PHONE

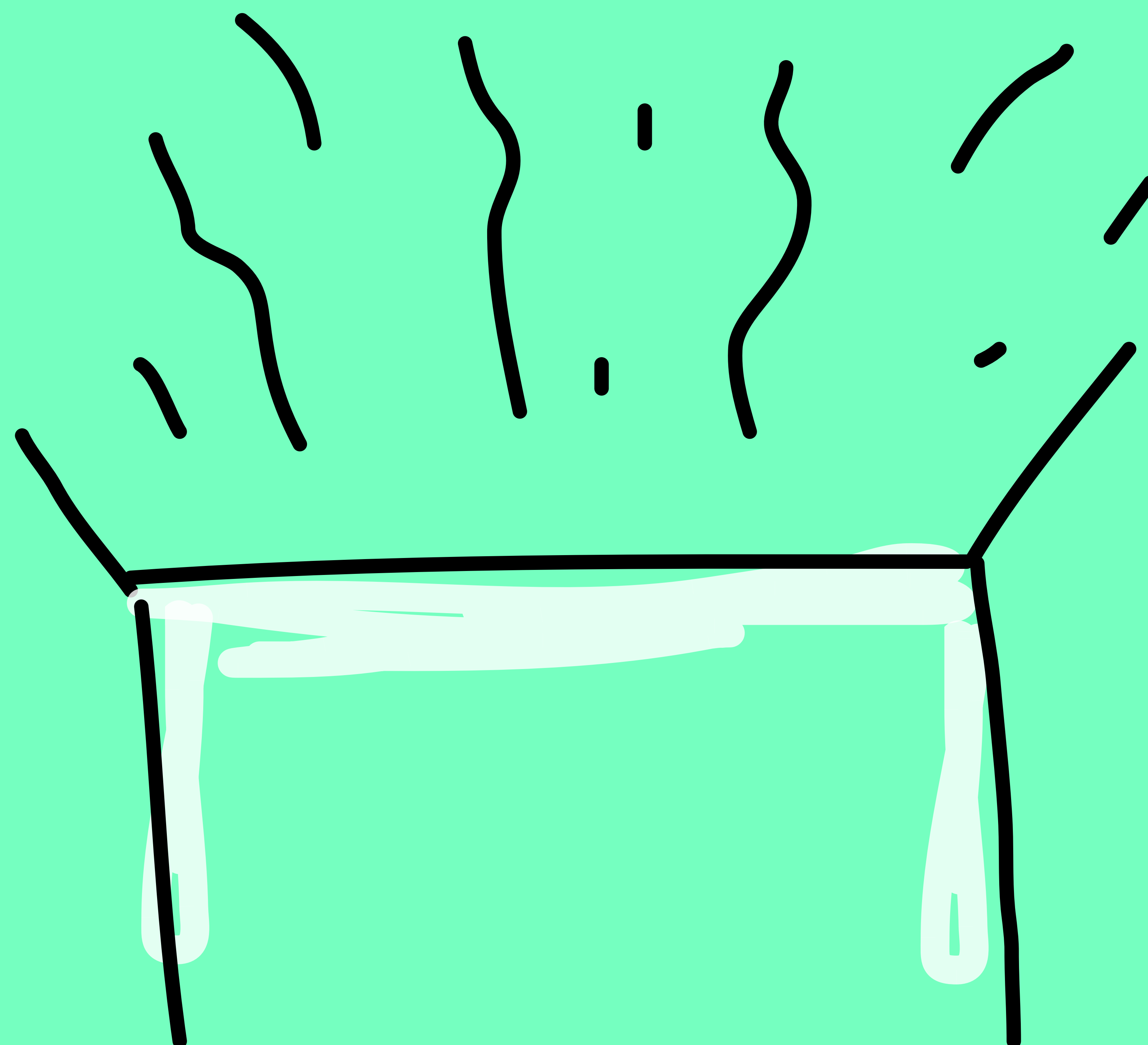


FEATURED IN THIS EXPERIENCE:

1. 2020 IN RETROSPECTION 
2. 2021 IN THE VISION 
3. ENJOYING THE SPACE IN BETWEEN
HOLIDAYS 

2020 IN RETRO(SPECTION)

TAKE SOME TIME TO THINK ABOUT YOU AND *this year.*



THINGS **YOU WILL NEED**

1. **PAPER**

Something to write on

2. **PEN**

Something to write with

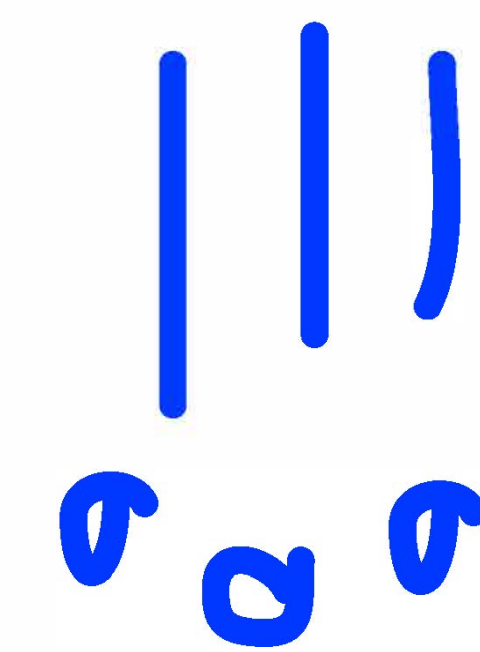
3. **MAYBE SOME MUSIC**

Try this playlist

[GO TO THE LINK](#)

4. **A CORNER FOR YOU**

where you can be just with your thoughts, away from other distractions

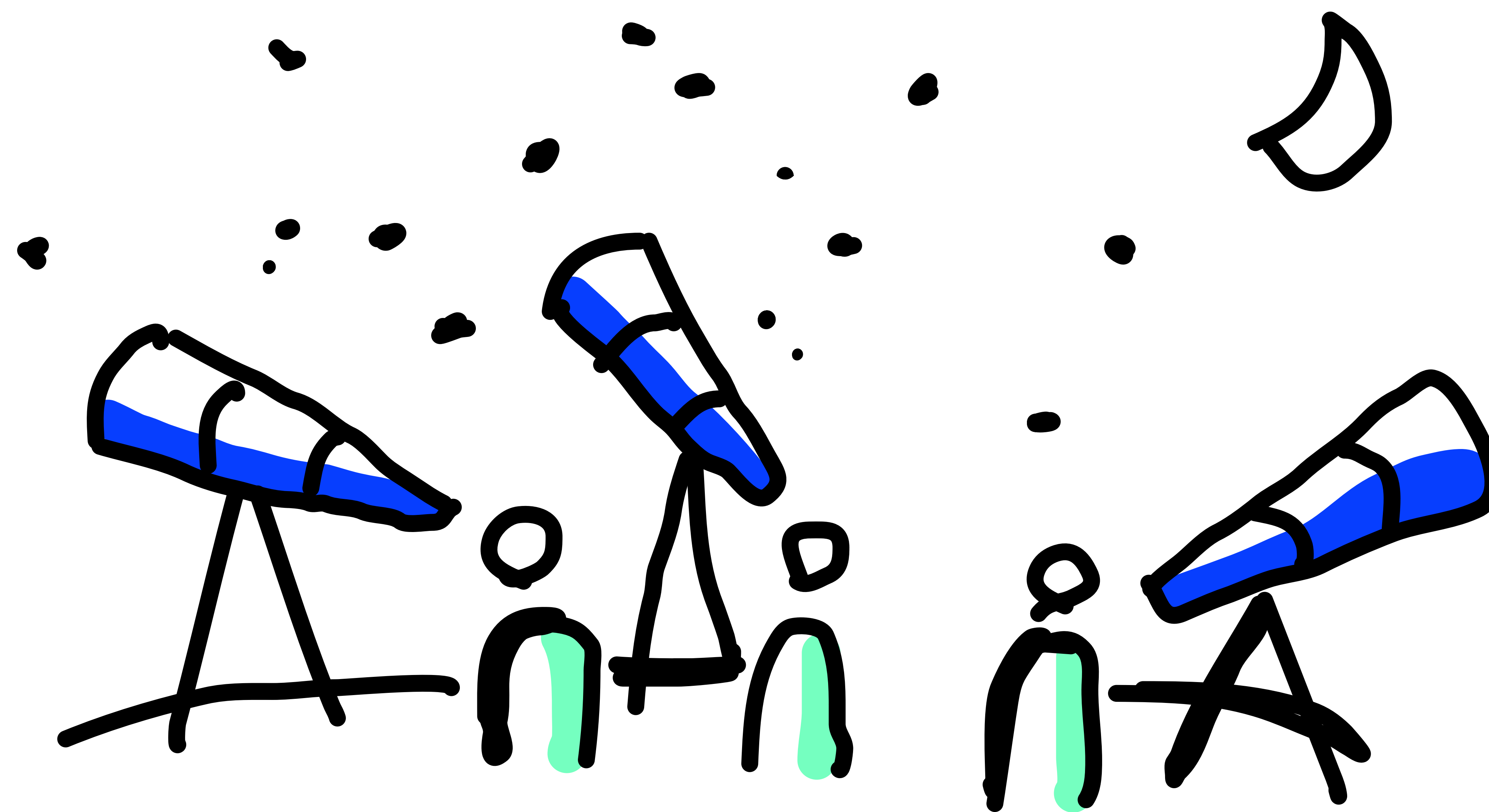


TIME

How about giving yourself 2-3 hours for this. It will be time for you

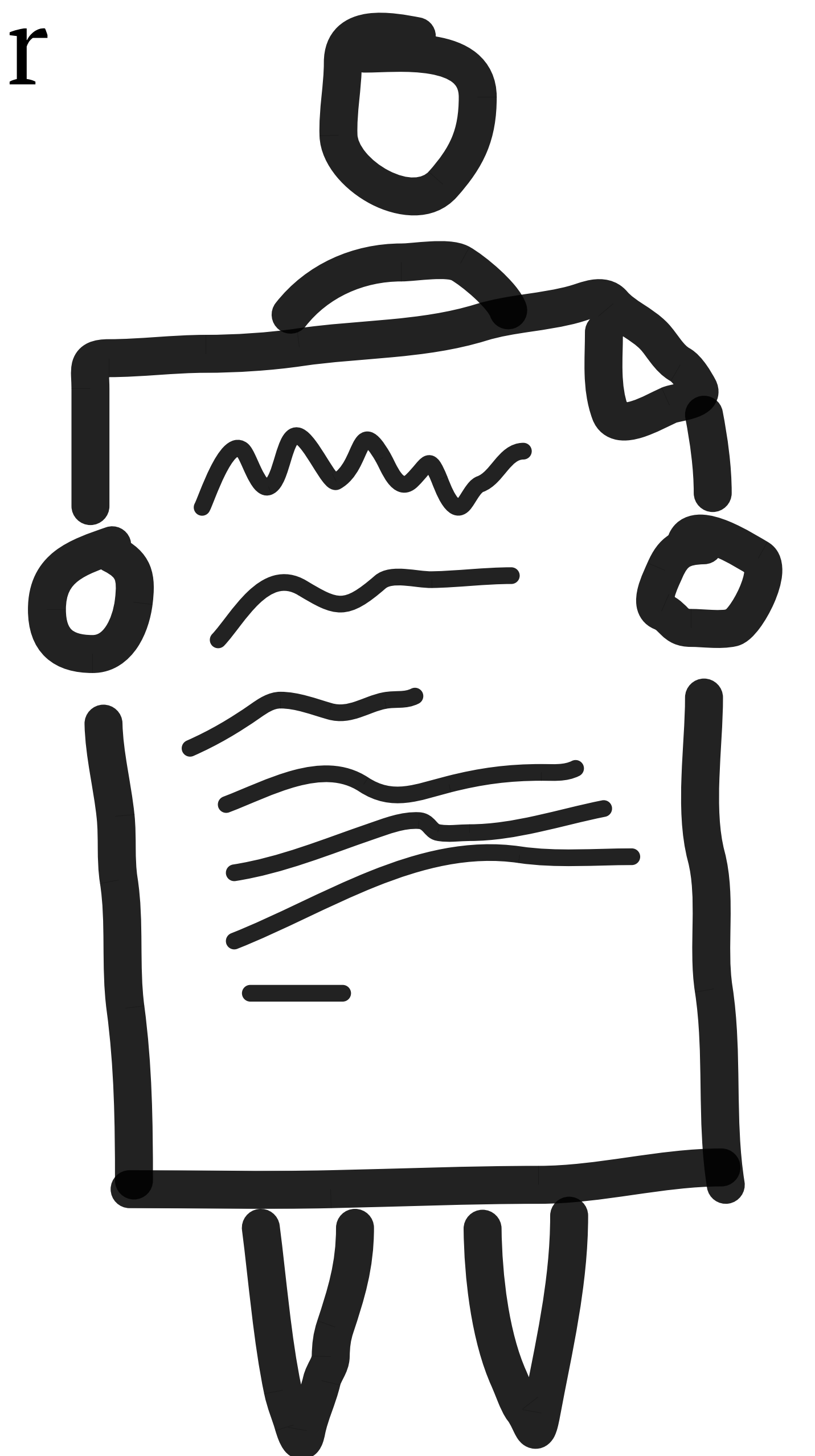
Now, think of 2020.

When you look back at this year, what things made this year to be more beautiful?



write them down

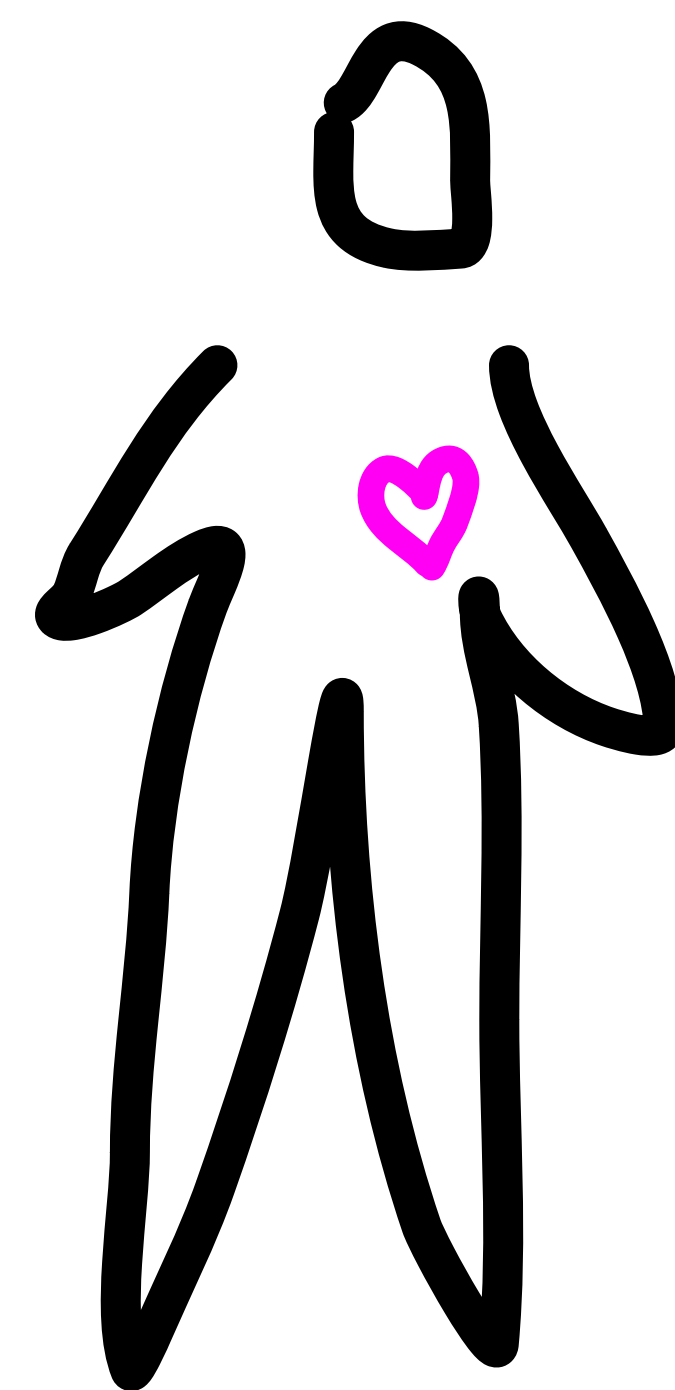
and take your time. there's really nothing else to do for



NOW...

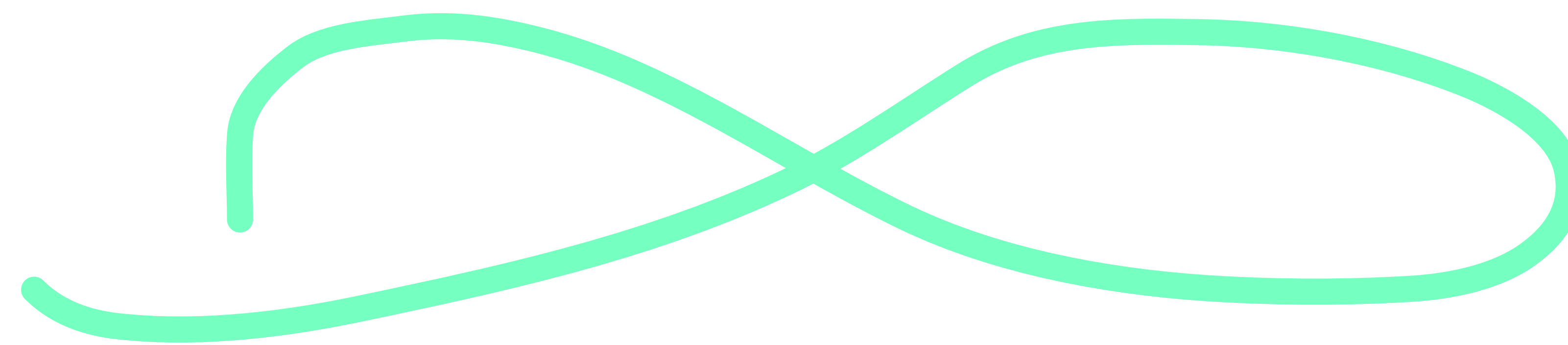
think about what was
important in those
moments

&



how did you feel
about them

Was there anything new you learnt about yourself in those moment?



again, take time to write down, before moving to the next one



Of course, however you want to look at this year, 2020 was a clearly challenging one, for all of us.

It brought connection and disconnection. It brought a lot of discoveries: about yourself, others, the world, friends, places, ways of having fun, cooking, dancing alone, not seeing the dear ones, fear of getting and transmitting the virus, just to mention a few which we felt.

Can you think of the ways in which this year was a challenge for you?

And, as you probably know by now, take time to think, remember and write them down?

Can you add how you felt during those moments?

Try and give a name for the emotions you felt.

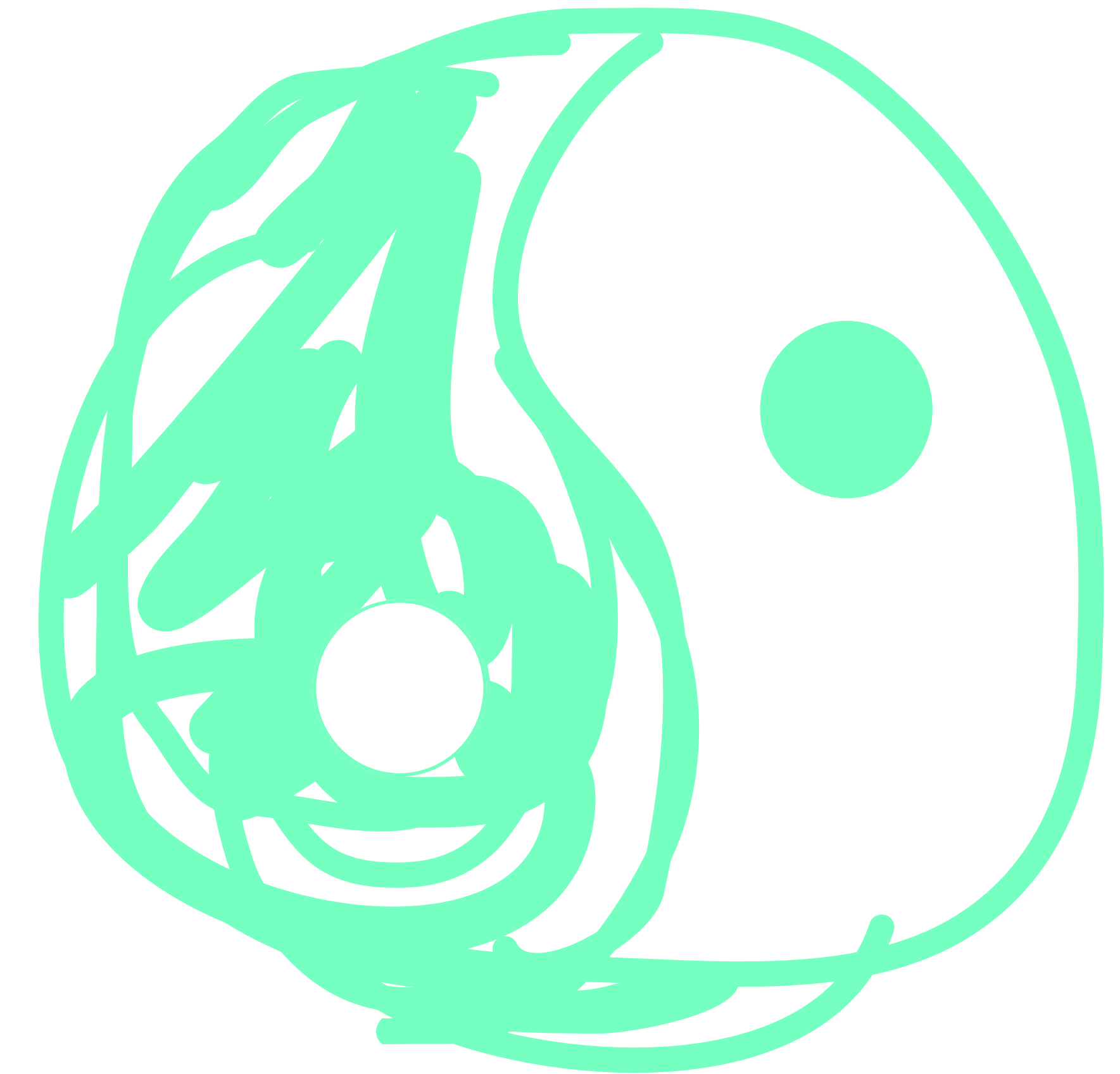


As we get to learn through the time, as we age and wise up,
all things have a positive and a negative.

(we call it negative because it's opposite to positive, but it's not the boogie man).

So let's call it two sides of the same coin:

the side that you liked and maybe one that you didn't.



In all things there's the two sides.

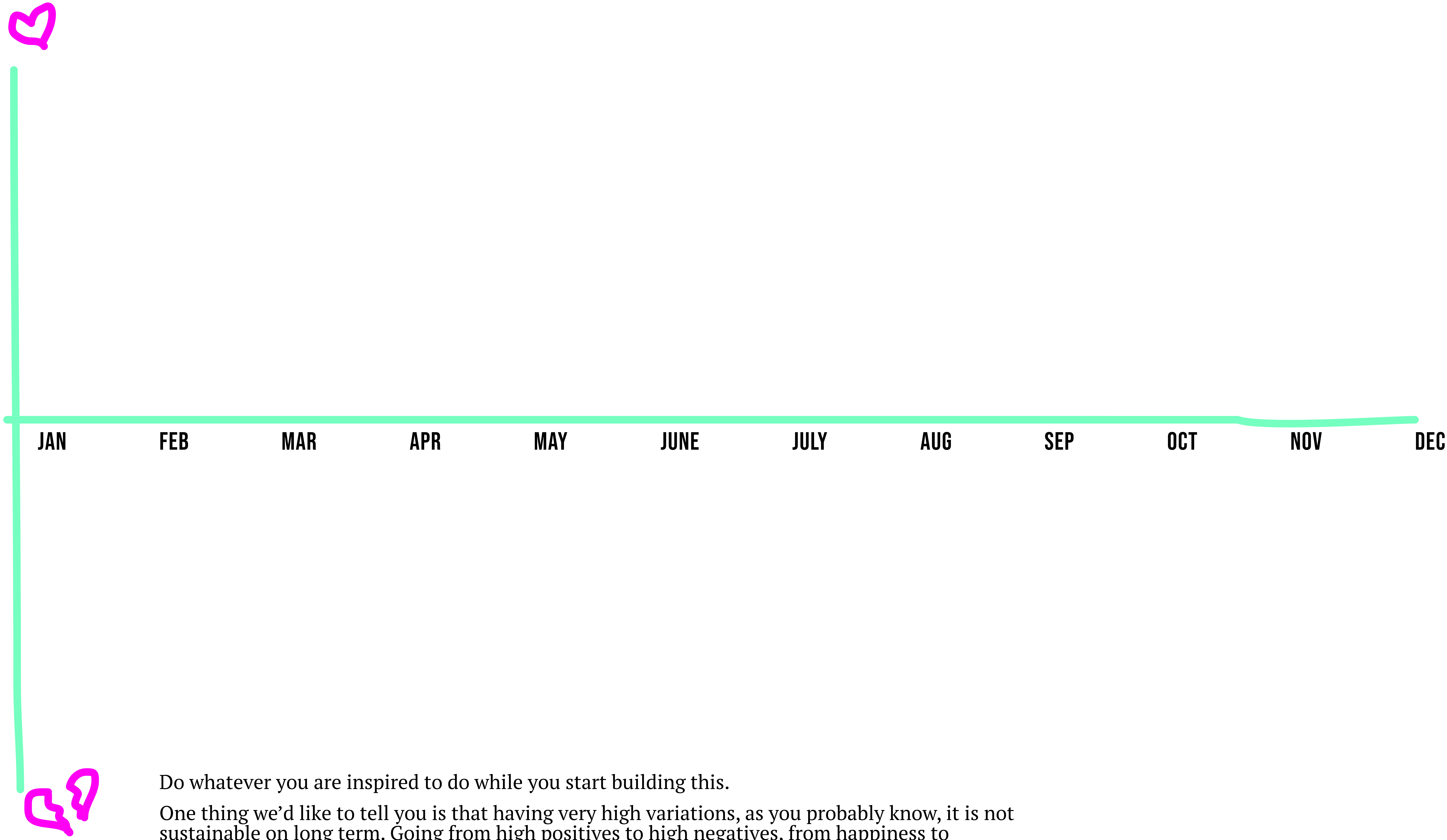
We ask you to try and think of the two sides for each of the challenging moments/challenges you faced this year and your response to them.

And then **write some of the things you learnt** and maybe **how or what changed or how you'd like to change.**

And since we talked about emotions, here's a nice thing for you to do:

a histogram of your 2020 emotions

Add your emotions and their amplitutde for the last year



Do whatever you are inspired to do while you start building this.

One thing we'd like to tell you is that having very high variations, as you probably know, it is not sustainable on long term. Going from high positives to high negatives, from happiness to sadness, is tiring and consuming. Nervertheless, we encourage you to be honest to yourself, you are in the end, doing this for you.

After all this, how about looking back at the person who faced those challenges both with

kindness and **appreciation**

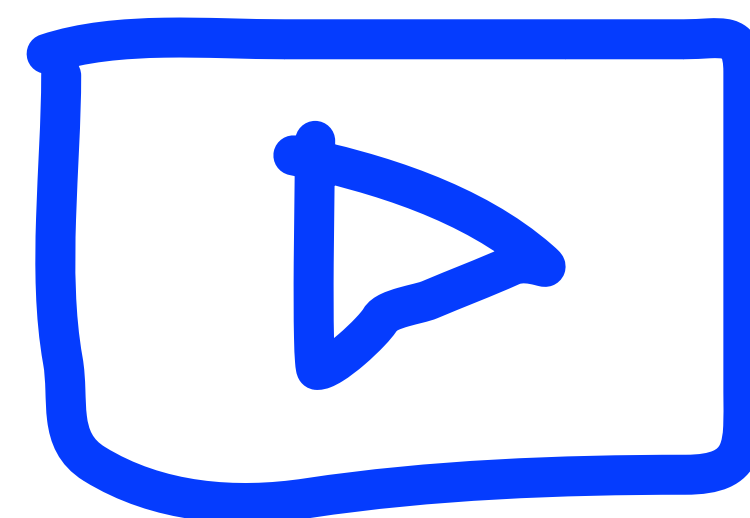
for the way you handled back then those moments.

It was maybe the best that you could do then. And try to also cherish the way you pulled it through altogether.

Really. This one is to you! <3

- also, do us a favor -

Play Frank Sinatra's My way



and yes, singing is allowed and actually asked for :)

UP NEXT

CREATE THE 2021

OPEN NEXT PDF

