



FREE COMPANION GUIDE

Your Year at a Glance

12 monthly themes. 12 starter prompts.
One year of showing up for yourself.

A companion to

Show Up: 365 Days to a Life You're Proud Of

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HOW TO USE THIS GUIDE

Show Up is a year-long daily reader structured around 12 monthly themes — each one building on the last, taking you from the foundations of mindset and gratitude all the way to legacy and purpose.

This companion guide gives you the full arc in one place: the theme for each month, a short description of what it covers, and one starter prompt drawn directly from the book.

Use it to:

- Get a sense of where the year takes you before you begin
- Return to a theme when you need a reset mid-year
- Share a conversation-starting prompt with a reading partner or group
- Remind yourself what month you're in when life gets busy

The themes are cumulative. The awareness you build in January shapes how you listen in February. The self-belief you grow in March steadies your focus in April. By December, you'll have the foundation to answer the big questions honestly.

One entry. One day. That's all it takes.

01 Mindset & Gratitude

Days 1–31

Every year needs a foundation. January is yours.

STARTER PROMPT

Before your feet hit the floor, name three things you're grateful for. They don't have to be grand. Notice how it shifts your mood before bed.

02 Listening & Communication

Days 32–59

The way you listen shapes every relationship you have.

STARTER PROMPT

Today, let someone finish a full thought without planning your response. What did you hear that you might otherwise have missed?

03 Confidence & Self-Belief

Days 60–90

Real confidence comes from within — not from approval.

STARTER PROMPT

Write down one thing you have already done that required more courage than you gave yourself credit for.

04 Focus & Productivity

Days 91–120

Focus is a skill. One that can be built, day by day.

STARTER PROMPT

Identify your single most important task for tomorrow. Protect one uninterrupted hour for it — nothing else.

05 Mindfulness & Simplicity

Days 121–151

Presence is not passive — it is one of the hardest skills to master.

STARTER PROMPT

Spend two minutes today doing only one thing. No phone, no background noise. Just that one thing. Notice what it feels like.

06 Kindness, Giving & Humility

Days 152–181

Kindness is not soft. It is one of the most underrated strengths.

STARTER PROMPT

Do something kind today that no one will know about. Notice how it feels to give without recognition.

07 Courage, Passion & Resilience

Days 182–212

Courage rarely announces itself. It shows up quietly, in small decisions.

STARTER PROMPT

Name one thing you've been putting off because it might not work out. What is the smallest first step you could take today?

08 Health, Energy & Wellbeing

Days 213–243

Everything else this year is built on one assumption: that you show up.

STARTER PROMPT

Rate your energy right now on a scale of 1–10. What one habit — sleep, movement, or food — would move that number up by one point?

09 Time, Habits & Organisation

Days 244–273

Systems beat willpower. Every single time.

STARTER PROMPT

Choose one habit you want to build. Attach it to something you already do every day. Write the pairing down: 'After I _____, I will _____.'

10 Change, Letting Go & Growth

Days 274–304

Growth requires releasing what no longer fits.

STARTER PROMPT

What is one belief, habit, or relationship that no longer serves who you are becoming? You don't have to act yet — just name it honestly.

11 Family & Love

Days 305–334

Love is not a feeling. It is a daily practice.

STARTER PROMPT

Think of someone in your life who often goes unthanked. What is one specific thing they do that makes your life better? Tell them today.

12 Legacy, Leadership & Purpose

Days 335–365

Legacy is not reserved for the exceptional. It is built in ordinary moments.

STARTER PROMPT

In one sentence: what do you want the people closest to you to say about how you lived? Write it down. Let it guide December.

READY TO BEGIN?

Show Up: 365 Days to a Life You're Proud Of

One entry per day. Five minutes of reading. A full year of honest, cumulative personal growth.

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| ◆ 12 monthly themes | Each builds on the last — from gratitude to legacy. |
| ◆ 365 daily entries | Short enough to read anywhere. Meaningful enough to carry all day. |
| ◆ Daily reflection prompts | Not journaling for its own sake — thinking that leads somewhere. |
| ◆ Progressive arc | By December, you'll have the foundation to answer the big questions honestly. |
| ◆ Works solo or shared | Read alone, with a partner, or in a small group. |

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