



Family Intentions Guide

LET'S MAKE THIS THE BEST YEAR YET!

Ever wondered about the little traditions that make your family unique?

Many families have this sweet tradition—where everyone, no matter their age, comes together to think about the year that was and what's ahead.

So, here's a thought: What if you add a twist to your tradition? While you're digging into your family traditions this New Year, maybe give our **2024 Family Intentions Guide** a spin?

This is a cool space for everyone in the family to jot down what they're shooting for, what dreams they've got for the year, and maybe some wisdom they're hoping to pick up.

This thing, this little tradition, it's not a big deal, but it's a cool way families are weaving their stories year after year. It's a nudge to remember you're in this together, making sure everyone's on the same page. **It's not just about remembering stuff, it's about making stuff together.**

In the middle of all the New Year's excitement maybe give the 2024 Family Intentions guide a spin. Grab them, dive into the vibe of shared intentions, and set the stage for a year that's all about family, growth, and good times.

It's A New Year... Let's Make It Great!

Reflection & Intention Setting Worksheet

A year in the life of: _____

Out with the old
Looking back at...

In with the new
Looking ahead to...

2 Favorite memories:

0 Hard lesson I learned:

2 Things I got better at:

3 Things I am grateful for:

2 Places I want to visit:

0 Something I want to do less of:

2 Things I will get better at:

4 Things I want to learn or try:

Affirmation and/or Mantra:

Declaration of Family Intentions

This year, we will_____.

We will let go of_____

& embrace_____.

We will honour our_____

and love our_____.

We will stand up & share our_____

_____ with the world!

**THIS YEAR, WE WILL REMEMBER
THAT WE ARE LOVED AND
WE ARE ENOUGH!**