

My 2021 Intentions



Head

Feed your mind. Focus on your **Love of Learning** to improve your overall well-being.

For You and Your Family

Be intentional about the information you and your family consume. How do you want to use your mental energy? What ideas and interests inspire you? What is it that you have always wanted to learn about? Brainstorm with your family some DIY projects for your home/yard, hobbies/interests, destinations to visit post pandemic. Set an intention, research and explore together and make a plan.

Heart

Fill your heart. Focus on your strength of **Love, Gratitude, and Humor** to build your emotional health.

For You and Your Family

Spending quality time with those we love is critical to our emotional health. This year be intentional about the quality of time you spend with your family and friends. Make a list of the people you are grateful for near and far, past and present. Is there anyone you want to reconnect with or spend more time with? How do you want to spend your time? Set an intention to reach out to those you care about and intentionally share your **Gratitude** for their presence. Plan to spend quality time together online, in-person, on the phone or through letters. Use your strength of **Creativity** and engage and recognize as many other strengths as you can.

Hands

Focus on the causes you care about. Focus on your strength of **Kindness, Teamwork** and **Hope** to bring meaning, purpose and long-lasting happiness.

For You and Your Family

Researchers have found one way to make life most meaningful is to use your unique strengths in service to others. Think about the communities you are a part of – family, school, religious, city, or globally. Make a list of the places, people and causes in need of **Kindness** and care. Choose one or two areas. How can you and your family contribute by using your unique strengths in service of others? Feeling like there is already too much on your plate? Recommit to the causes you are already engaged in or commit to intentionally bringing your strengths more fully to the care of your own family. Caring for yourself and your family first is one the greatest contributions you can make.





**Inspirations:
Things we
want to learn
about**

My Personal Intentions:

Our Family's Intentions:



**Inspirations:
Connections we
want to create**

My Personal Intentions:

Our Family's Intentions:



**Inspirations:
Causes we care
about**

My Personal Intentions:

Our Family's Intentions: