

Best Year Yet Recipe! - Part 1

Name _____ Date _____

1. Intention – Name an inner quality that you would like to experience this year.

My intention is: _____

For example, “My intention is to be adventurous” (or kind, strong, wise, friendly, joyful, peaceful, bold, clear-minded, positive, generous, etc.)

2. Affirmation – Create an affirmation around your intention. Include the source of your inner quality.

I am _____

For example, “I am adventurous. My sense of adventure comes from my Self, God within me and all around me.”

3. Agreements – Write down your family agreements

I agree to be: _____

For example, “I agree to be kind, clean, safe, and try.”