

SET

Intentions

and find your
word of the year...



Pause and Replenish: What Matters Most

The start of a new year—or any time you're ready—can be a great moment to pause and reflect. It's a chance to let go of what's no longer serving you and focus on what fills you up. Use this worksheet to take a breath, think about what you truly want more (and less) of in your life, and create space for what matters most. Small shifts can lead to big changes, one step at a time.



1 REFLECT

- Reflect on the past year—what brought joy, pride, or gratitude, and what felt overwhelming or uncomfortable. Observe without judgment. Write below what came up for you.

2. LET GO

Think about the hard moments you want less of and write down the feelings they brought up—like confusion, fear, or sadness.

3. CULTIVATE

Take time to reflect and write down words that resonate with how you want to show up in your life and/or what you want more of. Focus on the feelings, actions, and experiences that come to mind. Below are some examples to inspire your reflection.

Abundance
Authenticity
Balance
Clarity
Compassion
Connection
Creativity
Empathy
Empowerment

Equity
Freedom
Gratitude
Growth
Harmony
Hope
Integrity
Inspiration
Joy

Love
Mindfulness
Peace
Purpose
Renewal
Resilience
Serenity
Simplicity
Strength

Sustainability
Thrive
Transformation
Trust
Unity
Vitality
Well-being
Wisdom
Wonder

4. ANCHOR

Once clear on what you want to cultivate and release, choose one word to anchor your intentions and reflect on daily.

5. SAY YES!

Now that you have your anchor word, use it as a daily guide. Create a visual reminder and write down activities or situations that align with it. When deciding to engage, ask, “Does this bring more of my anchor word?” Say “yes” to what fits and set boundaries for what doesn’t.

Write below examples like nature walks, quality time with loved ones, creative projects, or moments of reflection.

Take Your Intentions to the Next Level!

Looking for meaningful ways to stay connected as a family while living your intentions this year? Discover The **Family Connection Virtual Community**! Packed with engaging activities and tools, it's designed to help you nurture relationships and create lasting memories together.

The Family Connection Social-Emotional Growth Made Simple

A digital subscription for families of kids and teens with additional needs, focused on ONE THEME with step-by-step guidance each month to support emotional regulation, resilience, and connection in everyday routines.

***Get started for \$37/month.
Cancel anytime.***



Get started for \$37 per month. We are also able to offer a pay what you can membership. Our goal is for every parent to have access to the support they want and need, in a way that works for them.

Join The Community Here



learn.elizabethsautter.com/family-offer