

# Family Guiding Words

This activity supports the family to set intentions for 2021.

This activity will support you to have open discussions as a family about how each person wants to feel for the year ahead and how you want to feel as a family unit. You can choose any words and display them for the whole family to be reminded of them daily.

Read the guide below, or [download and print the PDF https://www.barnardos.ie/media/10405/family-guiding-words-heart.pdf](https://www.barnardos.ie/media/10405/family-guiding-words-heart.pdf) (Tip: print in black and white to save on your ink).

## Instructions:

As we move into the New Year – it is always a good time to reflect and set positive intentions for the year ahead.

As a family, why not try this activity together. Discuss how each member would like to feel throughout the year.

Follow the below **questions and prompts** to get your discussion flowing:

1. What do you want to enjoy this year?
2. What do you want to work on together?
3. Name some of your favourite family activities.
4. Talk about the new things you would love to try as a family this year.

Then choose your family guided words for 2021 (at least three words). Display them in a place that the whole family will be able to see every day.

It is important to discuss how everyone plans to embody and honour the words chosen.

Below are some **guiding word ideas**;

Love	Peace
Gratitude	Believe
Confidence	Brave
Growth	Listen
Bloom	Powerful
Dream	Togetherness
Connect	Trust
Achieve	Self – love
Enjoy	Mindfulness
Generosity	Create
Movement	Compassion
Balance	Consideration
Fun	Calm