

Looking ahead to 2021

"Your life will go in the direction of your thoughts.
Change your thoughts, change your life."

As we look ahead to the new year we all have hopes it will look different than 2020. This card will help you take your hopes for the new year & create thoughts/ideas that will move you forward. So, put on your new BTC knit cap and think of good thoughts for 2021!

STEP 1

Pick 3 'I will' words that begin with the same letter to describe the year you desire.

- I will be more **CARING** towards family and friends.
- I will **CELEBRATE** small wins.
- I will **COMPLIMENT** others.

Set a reminder on your phone or dry erase on your mirror to remind you daily of your 3 words!

Other words to inspire you: Compassionate, Cultivate, Relax, Intentional, Strong, Confidence, Forgive, Simplify, Hope, Kind, Patience, Attitude, Consistent, Attitude, Appreciate, Courageous, Explore, Brave, Focus, Aware, Calm, Fearless, Generous, Selfless, Believe

STEP 2

Fill in the boxes below to help guide achievable goals you can set each month:

1. I am going to... *(be kinder to my bro/sis)*
2. I desire to grow in... *(my culinary skills)*
3. I want to experience...
4. I will share...
5. I want to improve... *(the words I speak)*
6. I will spend more time... *(reading)*
7. I need more...
8. I will give...
9. I want to...
10. I will go...
11. I will start...
12. I need less... *(stress)*

Snap a photo of your goals + 3 words and email to info@thebridgeteenecenter.org for a chance to win a \$20 Trugurt gift card & Bridge gear. 5 additional students will win Bridge gear too!



JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

