

SETTING INTENTIONS

Growing up Nguyen's spin on New Year's Resolutions

by Huong, Karin Hanh, Hedda Hieu, and Ben Hoang



Growing up Nguyen is a podcast created by four siblings to tell our stories of holding onto our identity while fulfilling our parents' dreams: the blessings and challenges of being Nguyen in America.

www.growingupnguyen.com



ABOUT THIS BOOK



When we sat down together for our first New Year's after our father's passing, we didn't know where to start. Our tradition had been to watch the countdown in our parents' bedroom and raise glasses of Martinelli's sparkling apple cider to welcome in the New Year. The end of 2019 was different. We were one man down. Our mom went to bed well before midnight. Without any Martinelli's, we opened a bottle of wine. Together we cleared the dinner table and sat down to relax. Hedda Hieu suggested we recap our year by identifying the roses, thorns, and buds. The wine helped greatly.

As Huong played with the wine cork, she noticed the text on it: follow your passion, work hard, and stay humble. These words perfectly described how we felt about creating the podcast. It was a product of our grieving process. While we couldn't identify specific resolutions for the next year, we began to describe how we wanted to feel in the upcoming year.

To us, resolutions are goals that become a checklist, one that we find gets forgotten as the months go by. We find that an intention gives us space to move in a direction of our choosing. Change is often thought of as becoming a new person, and with an intention, we honor that change can be invisible and gradual.

Since 2019, we have continued to set an annual intention. We believe in focusing on how we want to feel about ourselves each year. A cork's function is to help the wine age without going bad and to transform in aroma and flavor. Fittingly, we write our intention on the cork to acknowledge that we are transforming each year.

This year we wanted to share our tradition (and jump on the ebook craze). We infused our individual processes into this short activity book. For those that like goal setting, this ebook also offers space for you to set goals in different categories of your lives including personal, professional, financial, relationships, physical, and spiritual health.

We hope this book introduces you to your intention and perhaps a new tradition for you too.

WORD SEARCH

This is your warm-up round. Find the words below in the word search.
One of these might be something the year 2023 might hold for you.



W	E	A	L	T	H	V	D	D	S	S	L	I	C	W
H	A	P	P	I	N	E	S	S	U	A	V	E	B	G
U	K	K	C	X	J	A	L	O	C	P	U	I	T	C
Z	M	X	O	D	I	P	W	S	C	D	I	N	E	S
K	M	G	N	M	X	K	R	H	E	U	U	U	V	T
W	I	R	N	N	T	L	W	Q	S	M	M	Z	L	R
G	R	A	E	C	S	E	J	D	S	D	X	L	R	E
S	A	T	C	P	I	N	T	E	G	R	I	T	Y	N
H	C	I	T	C	U	R	I	O	S	I	T	Y	W	G
E	L	T	I	Y	F	A	M	I	L	Y	T	P	X	T
A	E	U	O	R	T	R	U	S	T	U	N	U	R	H
L	O	D	N	S	I	S	E	L	F	C	A	R	E	B
T	J	E	A	L	I	G	N	M	E	N	T	H	D	Z
H	W	L	N	Q	W	L	O	V	E	F	T	E	K	U
F	R	I	E	N	D	S	O	J	P	O	C	X	C	R

CONNECTION
INTEGRITY
SELF CARE
ALIGNMENT

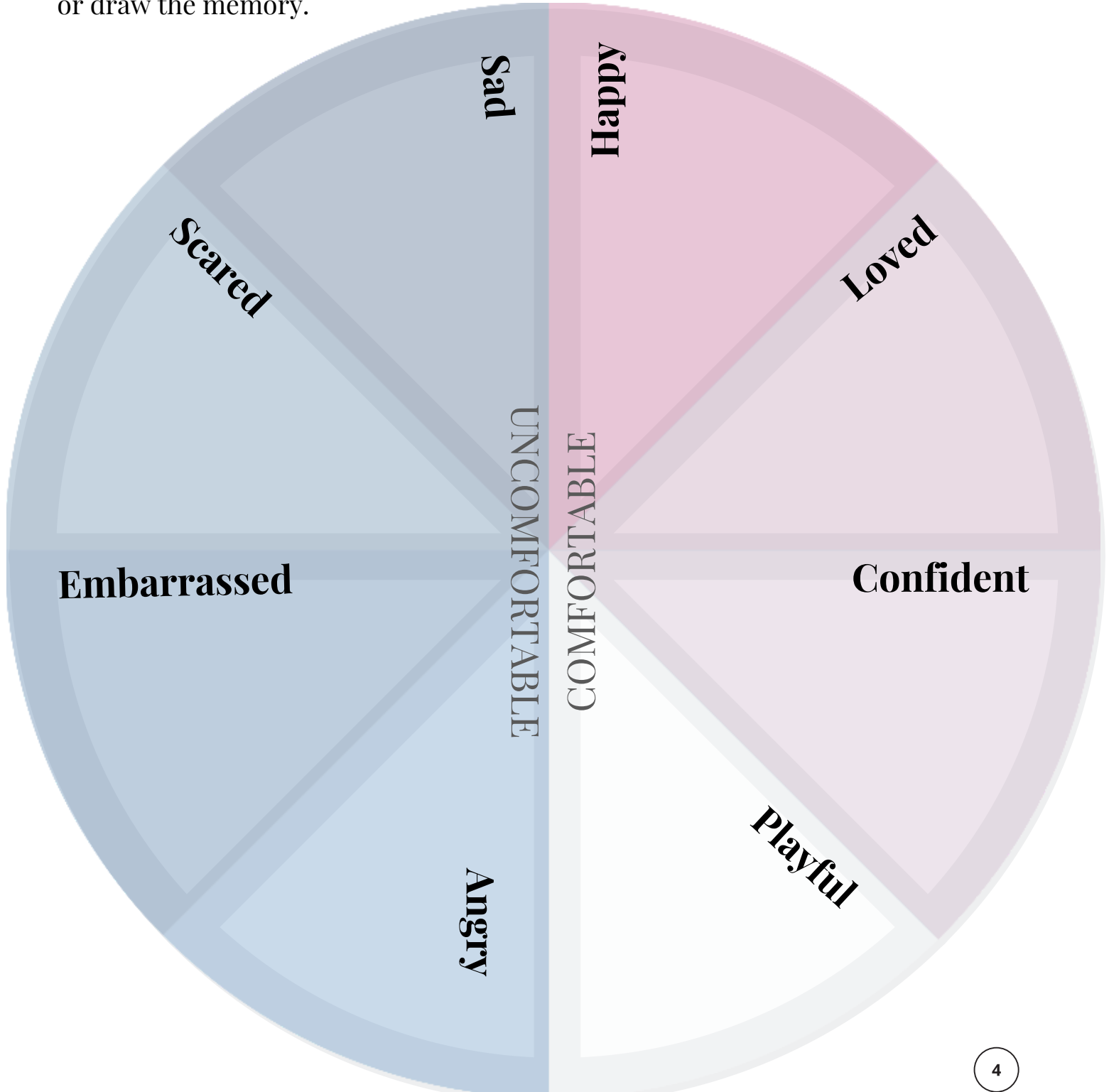
HEALTH
TRUST
FRIENDS
STRENGTH

HAPPINESS
SUCCESS
WEALTH
FAMILY

CURIOSITY
GRATITUDE
LOVE
MIRACLE

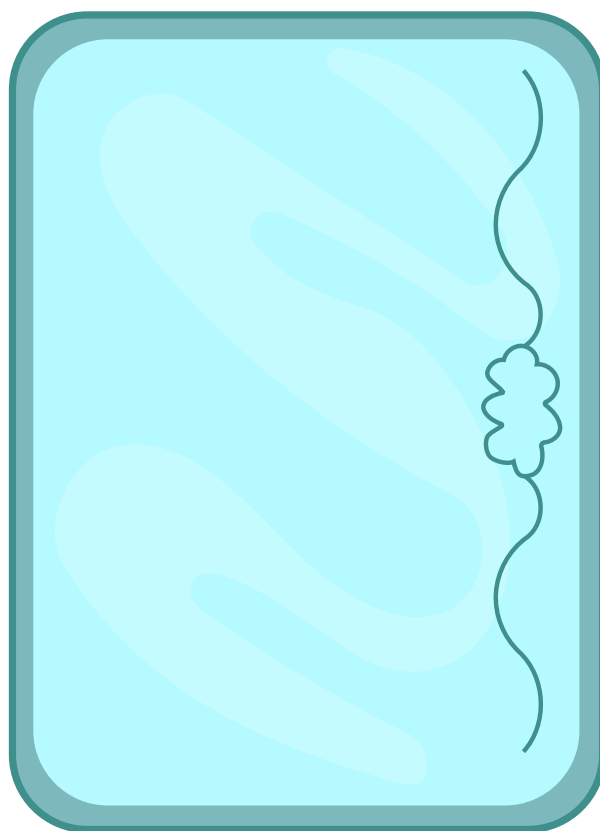
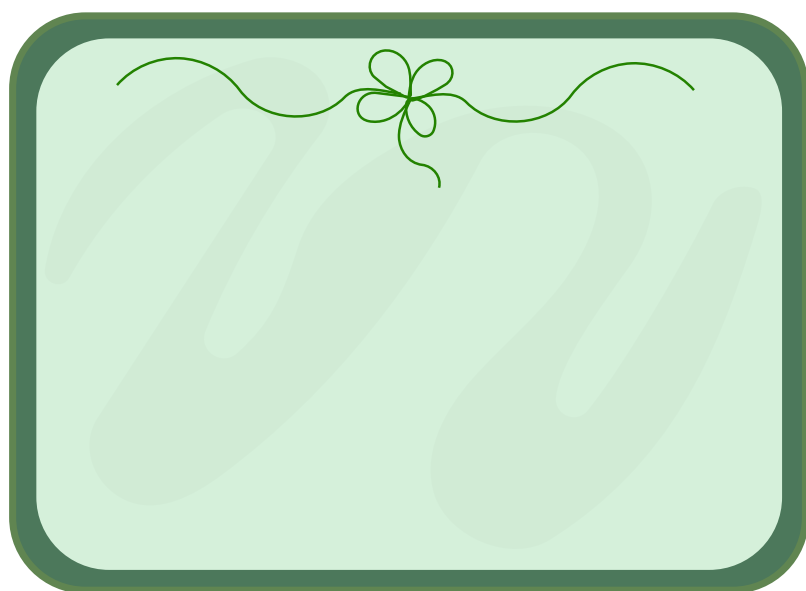
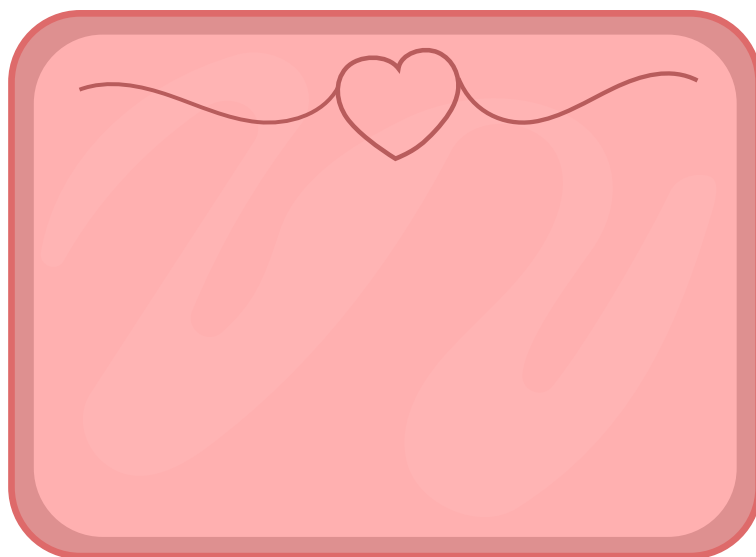
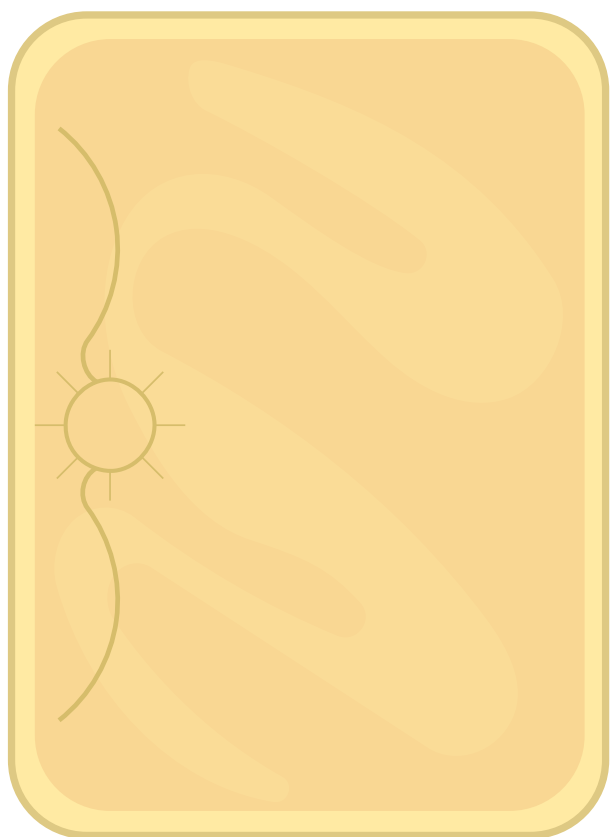
ALL THE FEELS

Every year has comfortable and uncomfortable moments. Reflect on the moments you felt your best and the moments that were most challenging. What happened? What did you learn about yourself? This diagram is based on the emotion wheel and we offered some suggested feelings to explore. Feel free to fill in some or all. Write or draw the memory.



NOTED WITH THANKS

When you struggled through uncomfortable moments, who helped to bring you to a place of contentment and grace with yourself? Write a note to thank the person(s) who have been with you through the ups and downs of this year.



POSITIVE THOUGHTS

It's important to give yourself credit for thriving this year too. List or draw 5 positive thoughts that you believe about yourself.





ROSE

highlights in 2022

THORN

challenges in 2022

BUD

opportunities in 2023

MY 2023 INTENTION

How do you want to feel in 2023? Write your intention on the cork.



You can also set some goals to help you reach your intention. Some suggested categories below.

01

Personal Life

02

Professional Goals

03

Relationships

04

Financial Goals

05

Spiritual Health

06

Physical Health