

Set Your Intentions, Plan Your Ambitions

A coloring book journey exploring
healthy relationships and life in Alaska,
through goal-setting and journaling self-expression

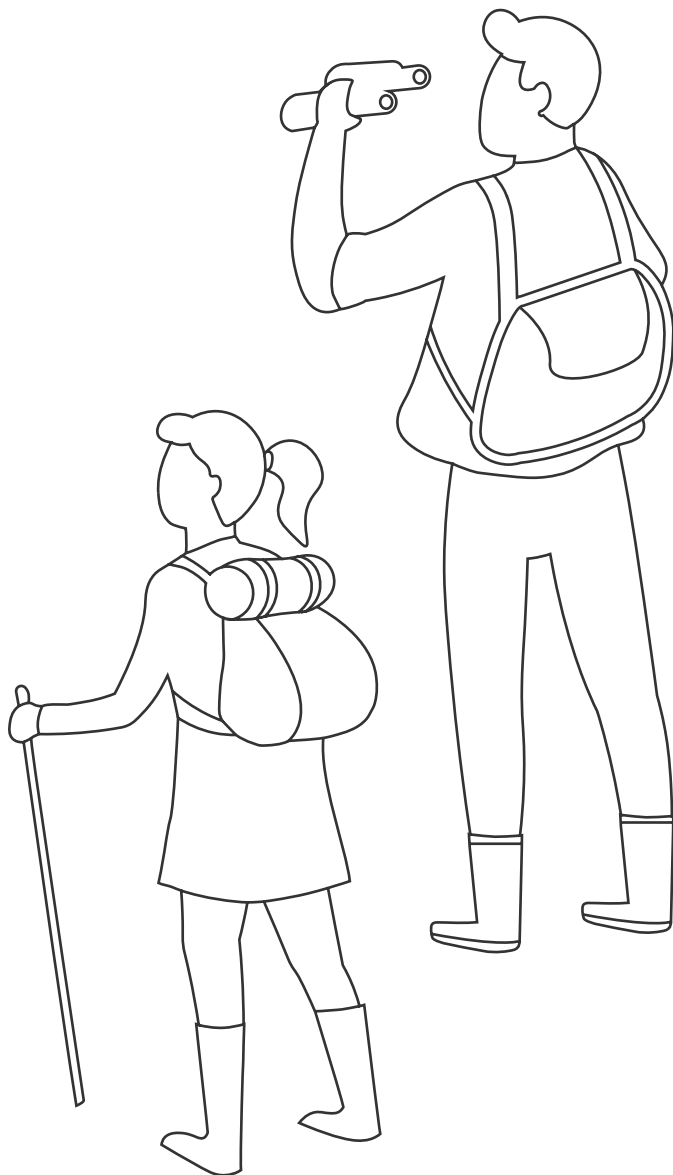
Setting goals is a very learnable and important life skill. Goals provide us with guidance and often set the direction for our lives. Did you know that the only person who can *set your intention* is you?

Here's an example! First, *set your intention*:

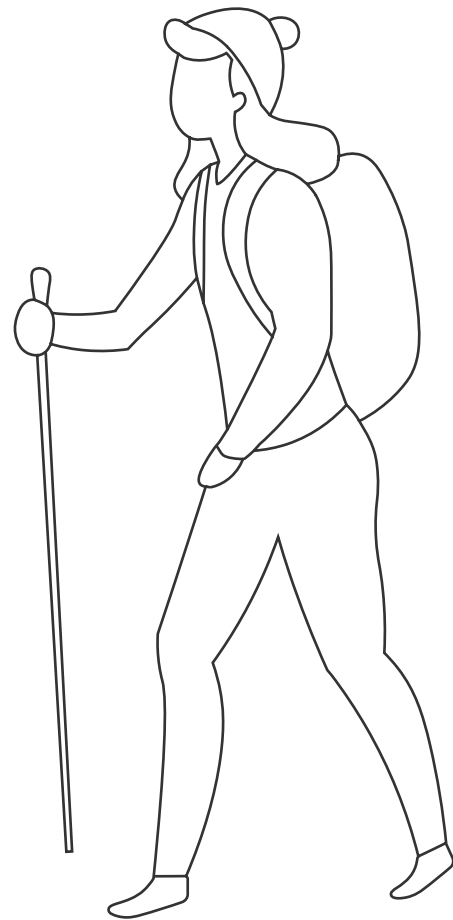
"I want to have healthy relationships with myself, my family, my friends and my community."

How do these relationships impact you? **Write down one or two things that you love about:**

| Yourself | Your Family | Your Friends | Your Community |
|----------|-------------|--------------|----------------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |



"Know who you are – you are a reflection of your family."
~ Universal Alaska Native Value



As you work through these pages, take your time to think on what this intention means to you.

The second step to making a goal is to create steps to achieve it, or to *plan your ambitions*.

In any relationship, it's super important to remember to stay true to yourself. What defines you, or how do you describe yourself? What are three things that make you YOU?

Example: "I am funny, I love picking berries, and doing math."

1. _____

2. _____

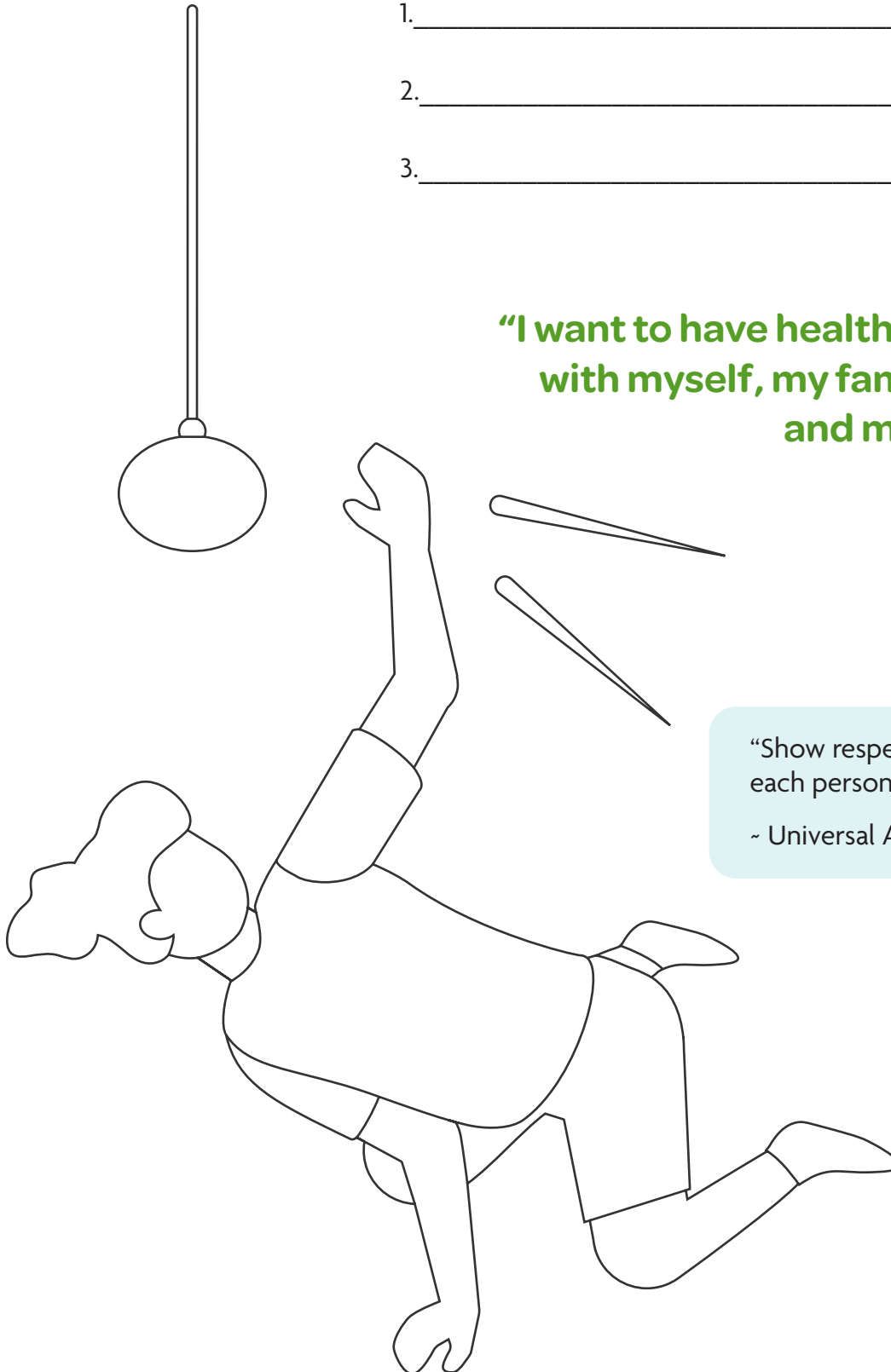
3. _____

Intention

**"I want to have healthy relationships
with myself, my family, my friends
and my community."**

"Show respect to others –
each person has a special gift."

~ Universal Alaska Native Value



Intention

“I want to have healthy relationships with myself, my family, my friends and my community.”

One way to achieve this goal is to set boundaries, or rules, for yourself that will help you be a good role model. Write down three boundaries, or rules, that you have for yourself right now that help you be a good role model.

Examples: “I do chores at home right away when I am asked. I finish my homework before it is due. I share toys with my friends or siblings when they ask nicely.”

1. _____
2. _____
3. _____

How do you protect your rules when you find that they are hard to stick to?

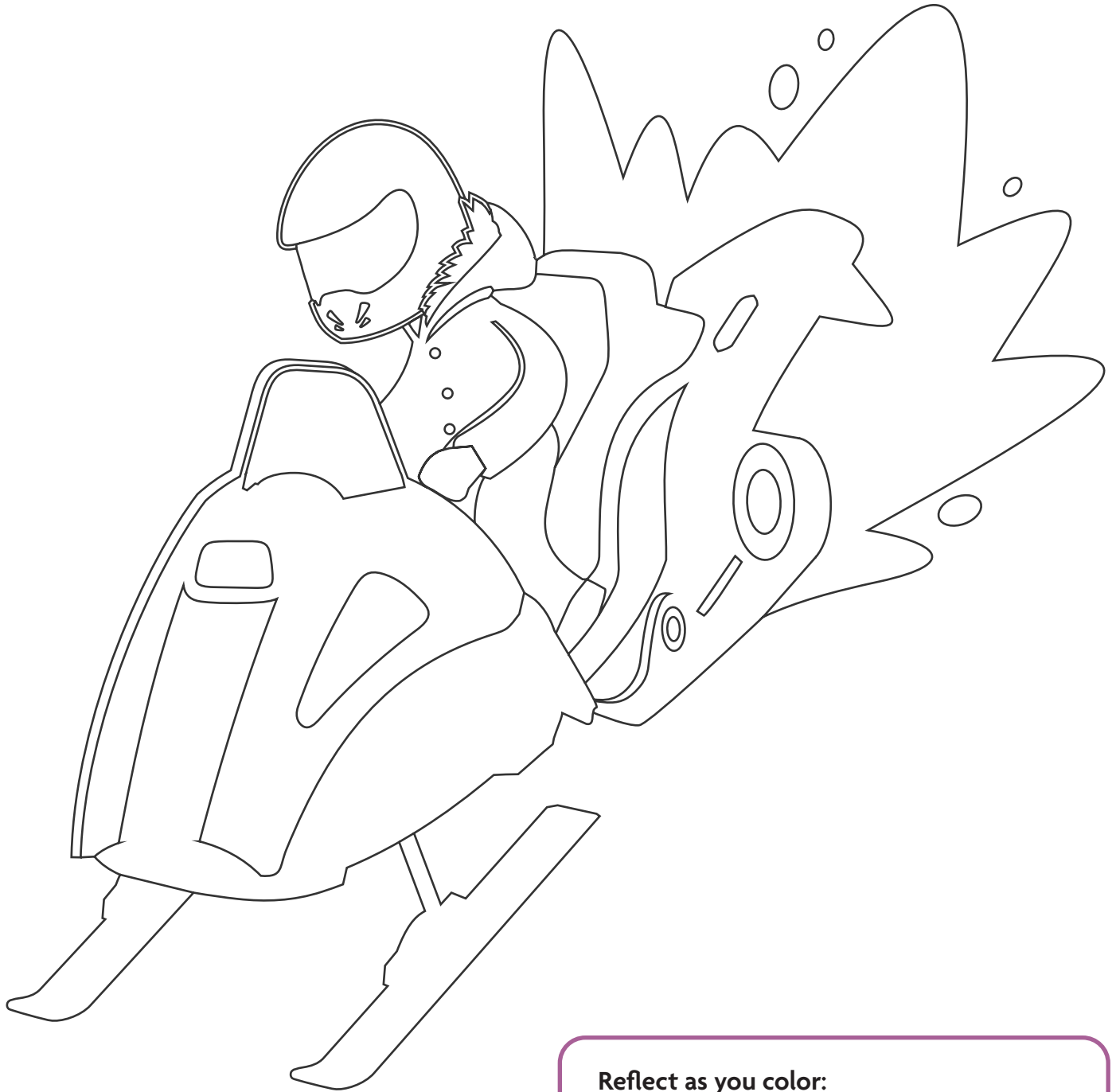
“If I don’t want to do chores or homework, I count to five and then start right away,” or
“I tell my friends or siblings nicely that I don’t want to share my toys or games right now.”

“Have patience – Some things cannot be rushed.” ~ Universal Alaska Native Value



Intention

“I want to have healthy relationships with myself, my family, my friends and my community.”

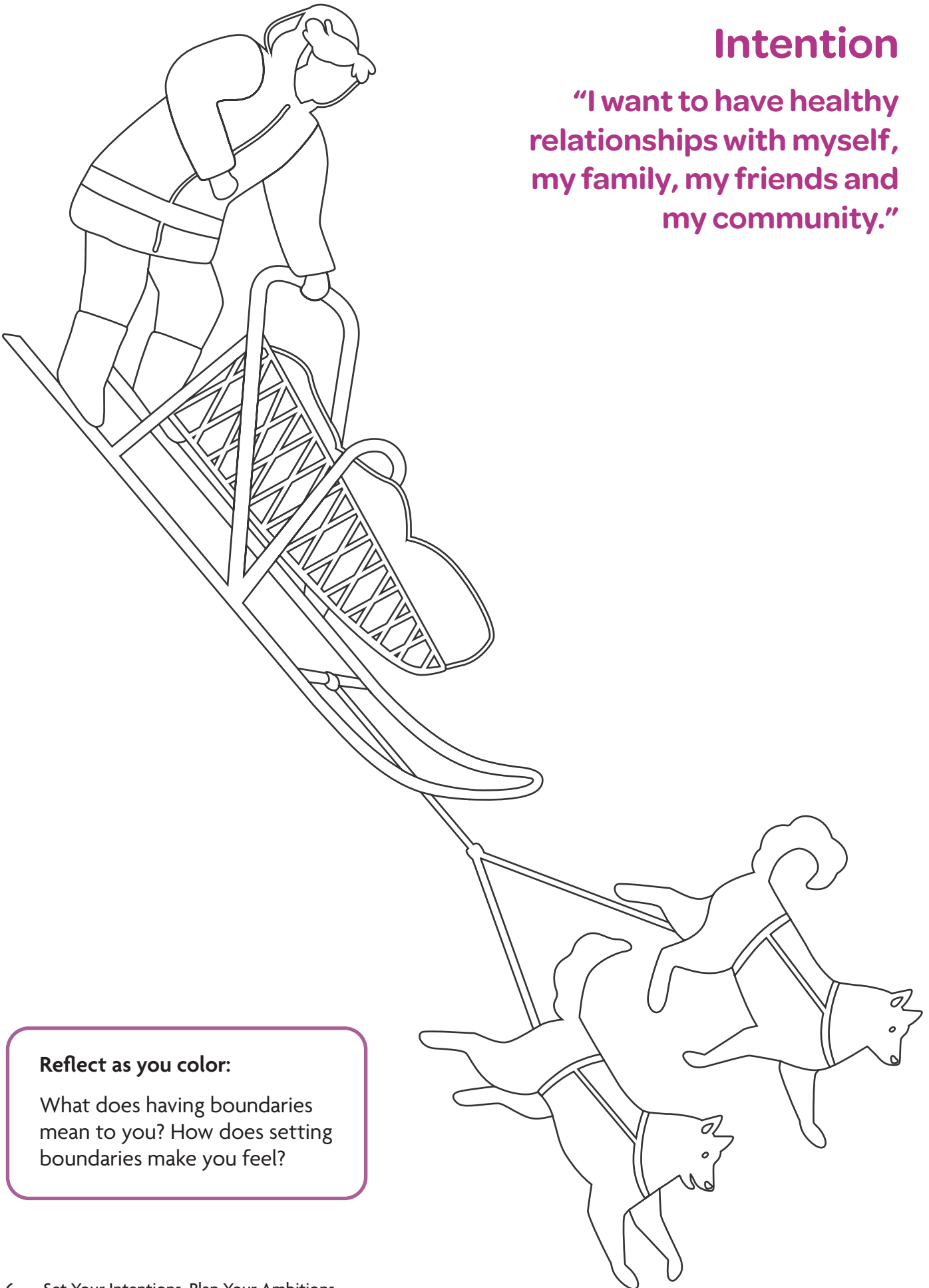


Reflect as you color:

How does staying true to yourself help you be YOU? What does being YOU mean?

Intention

“I want to have healthy relationships with myself, my family, my friends and my community.”



Reflect as you color:

What does having boundaries mean to you? How does setting boundaries make you feel?

Intention

“I want to have healthy relationships with myself, my family, my friends and my community.”

Another way to achieve this goal is by practicing being a good communicator. This can include lots of different things, like listening to others, trying to understand others’ points of view, and telling people how you feel in a respectful way. Being a good communicator takes practice, time and patience. What are some ways that you can practice these communication skills in your daily life?

Listen

1. Practice waiting for the other person to finish speaking.

2. _____

Understand

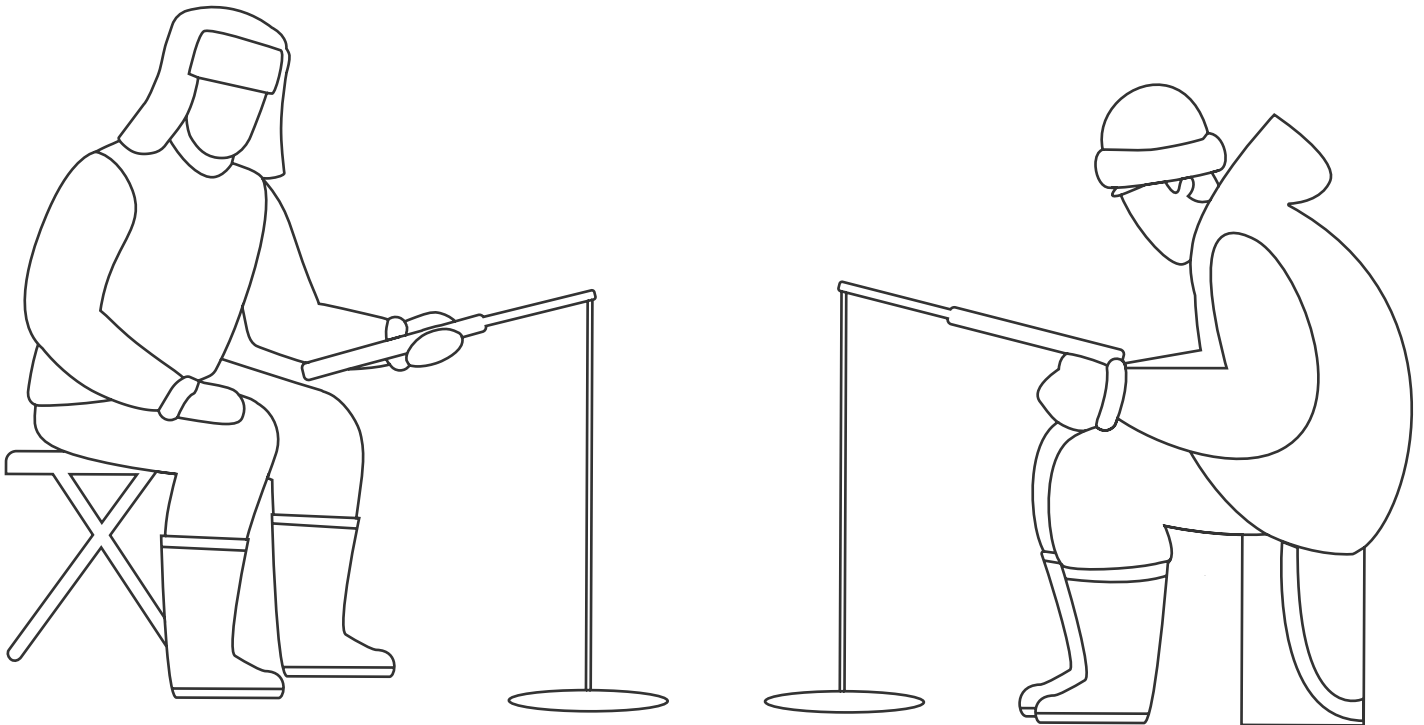
1. Respect the other person’s boundary of consent.

2. _____

Share

1. Tell others how I am feeling in an honest and respectful way.

2. _____



“Share what you have – giving makes you richer.”

~ Universal Alaska Native Value

Intention

“I want to have healthy relationships with myself, my family, my friends and my community.”

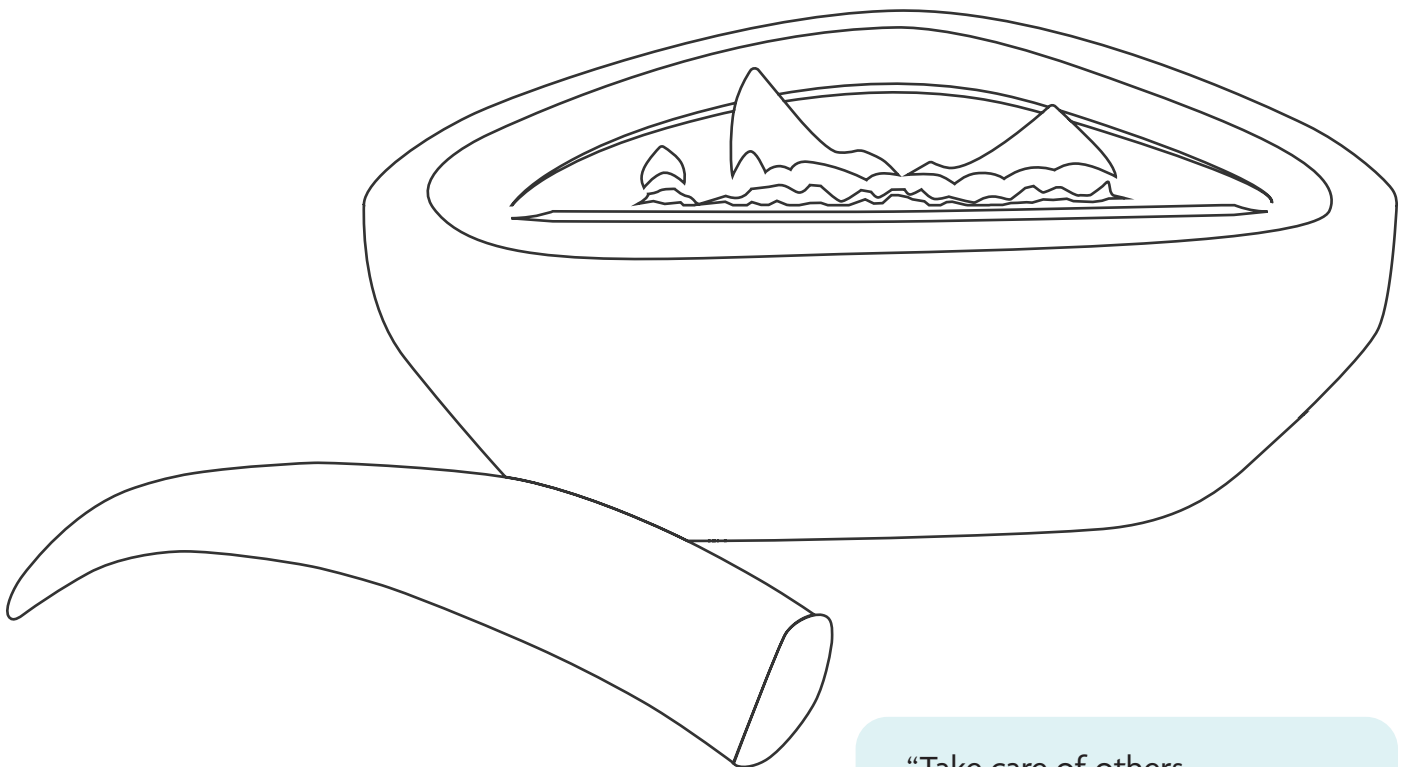
Communicating our personal boundaries with the people in our lives, like family, friends, and significant others helps grow these relationships in strong, healthy ways.

Write down one boundary or rule that you feel would help you be YOU right now.

“I decide what I do with my body. I can choose who I consent to for hugs or kisses.”

What are some ways you can protect your boundaries when if they are challenged by others?

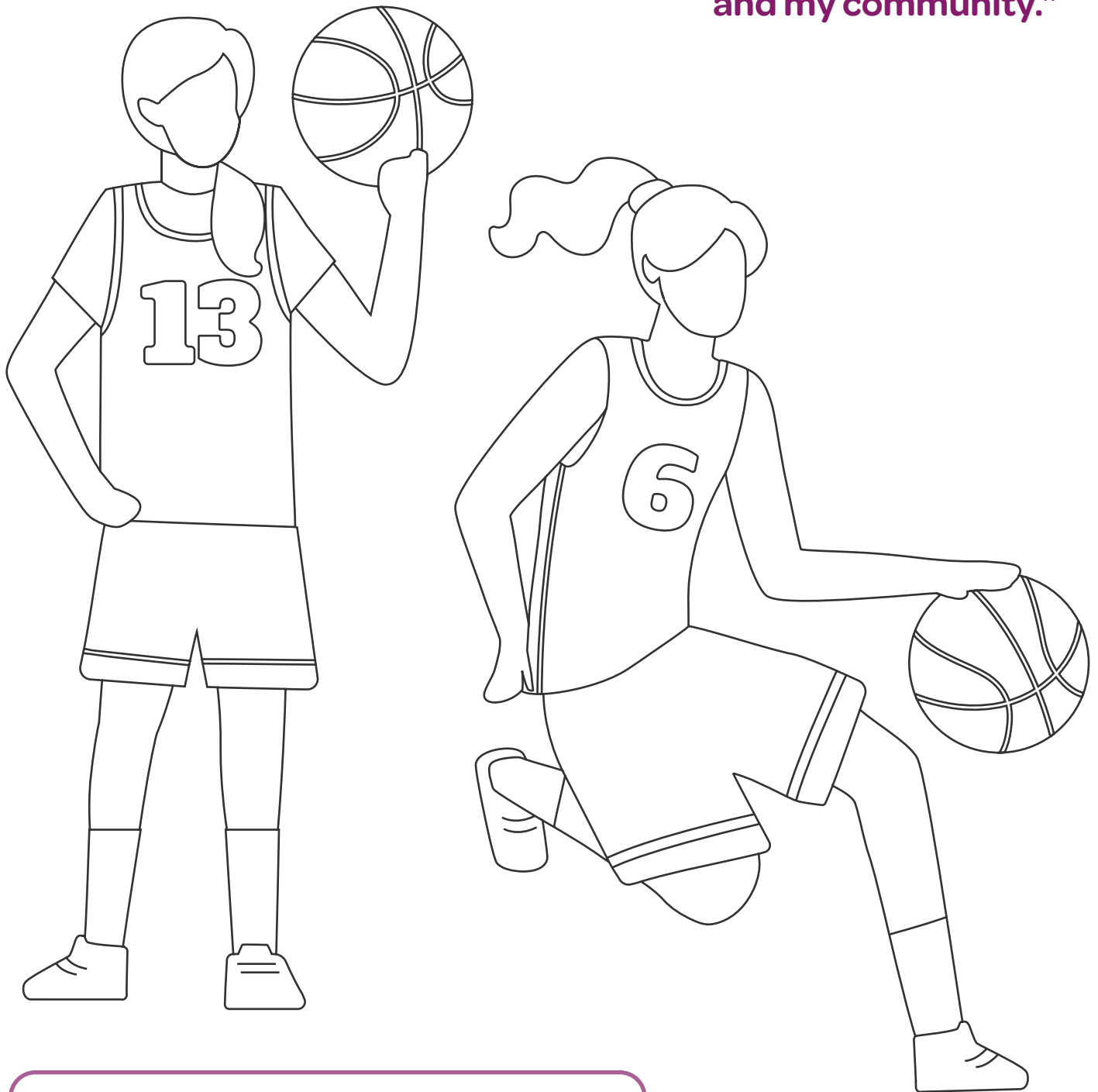
“If someone teases me and it hurts my feelings, I will tell them how I feel in a calm way.”



“Take care of others – you cannot live without them.”
~ Universal Alaska Native Value

Intention

“I want to have healthy relationships with myself, my family, my friends and my community.”

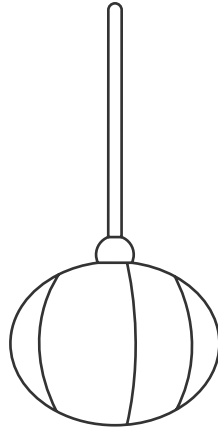


Reflect as you color:

How can you use your communication skills to help you achieve your goals? What are some ways that good communication can affect your relationships?

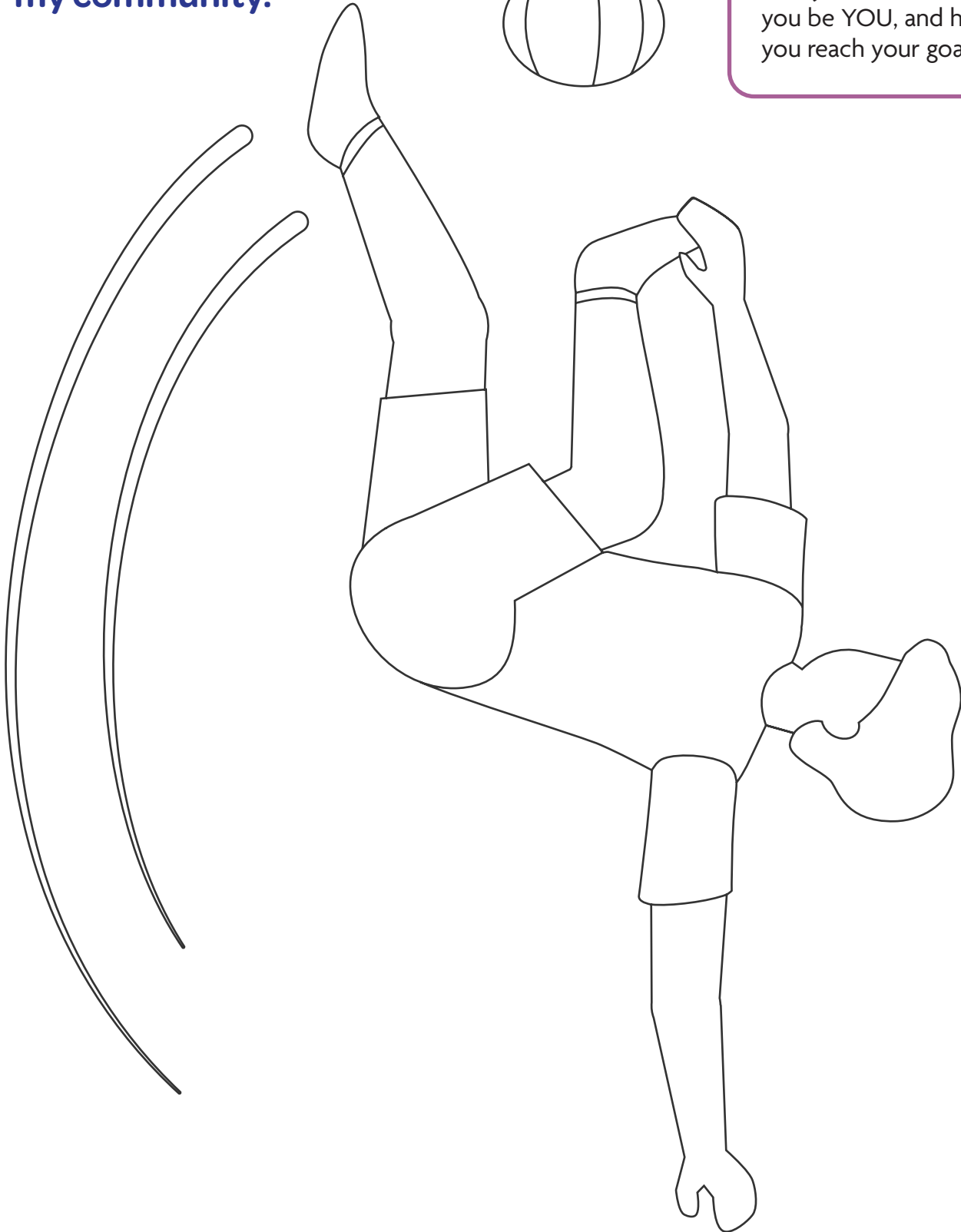
Intention

“I want to have healthy relationships with myself, my family, my friends and my community.”



Reflect as you color:

How do boundaries help our relationships stay safe and healthy?
How do boundaries with family and friends help you be YOU, and help you reach your goals?



Creating goals can be as easy as putting your intention and your plan together. We just worked through four of them!

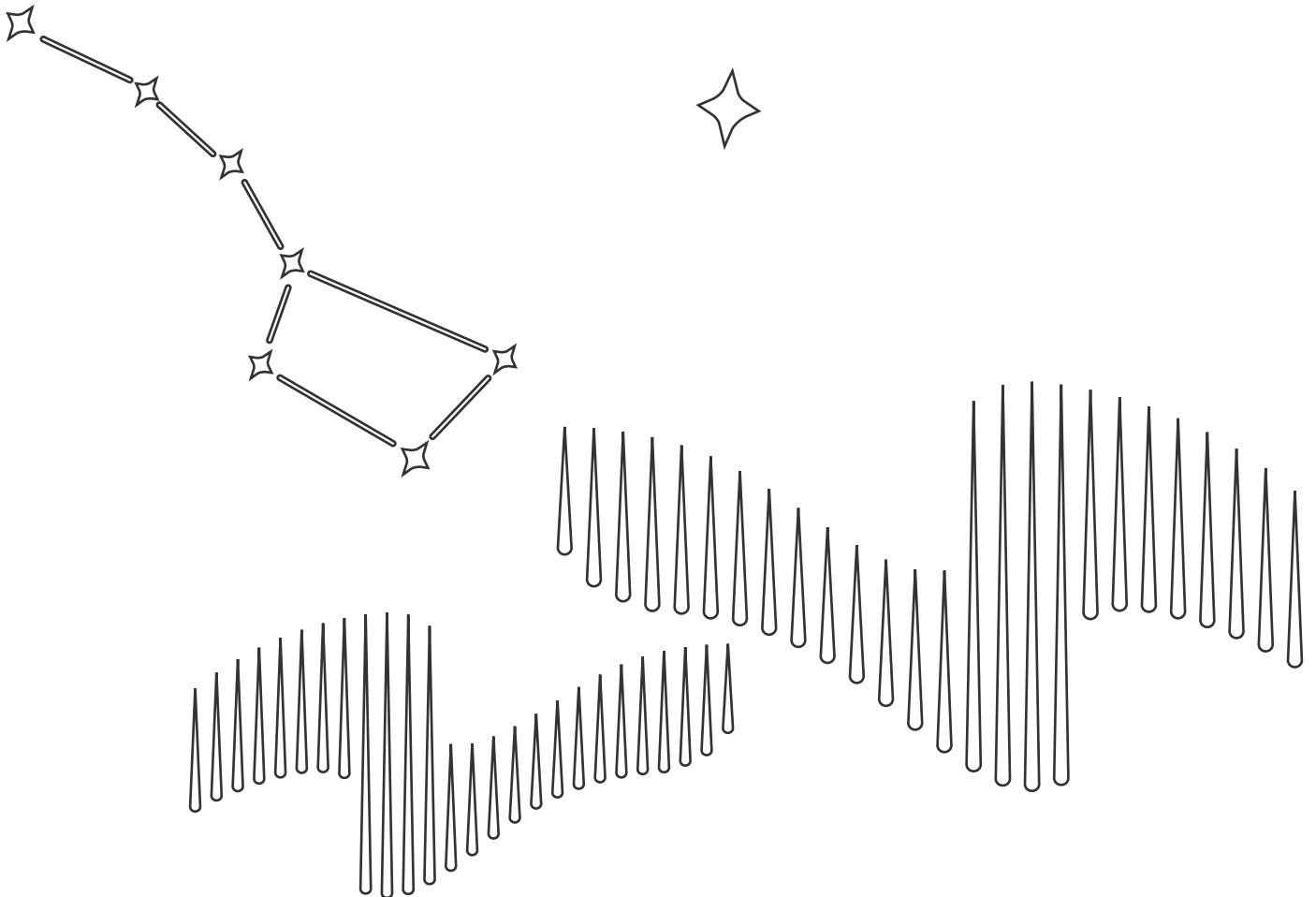
“I want to have healthy relationships with myself, my family, my friends and my community and I can do this by...”

1. “Staying true to myself.”
2. “Setting boundaries and rules for myself that help me be a good role model.”
3. “Practicing how to be a good communicator with the people in my life.”
4. “Setting boundaries for my family, friends and others that will help me to stay a good role model.”

Now it's time to *Set your Intentions, Plan your Ambitions!* What are some other life goals you have in mind? Write them down!

1. _____
2. _____
3. _____

“See connections – all things are related.” ~ Universal Alaska Native Value



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ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

