

*This booklet has been made to help you **reflect** on the past year,
envision your dreams for the coming year,
and **discover** where you are going with your life.*

*You will be given the opportunity to think deeply about your
relationship with your children,*

*brainstorm your longterm **goals**, and predict your future **wisdom**.*

*We hope you will be inspired to **learn** from your experiences,
pray about where God is leading you,
and take positive **action** in all arenas of life.*

DREAM & SCHEME

How to use this booklet:

- Print out the booklet
- Complete the booklet during the Fast and before Naw Ruz (give yourself about two hours in total)
- You may wish to set aside 10 minutes over 13 days and fill in one half-page every day
- Be in a learning mode and enjoy the journey

Each time you use the booklet:

- Sit comfortably and pour yourself a drink (if the sun is down)
- Close your eyes, take a few deep breaths, and say a prayer
- Let go of preconceptions and allow yourself to think freely
- Jot down ideas as they come – do not edit yourself
- Give yourself room for change
- Be true to yourself and be open to inspiration

Find more resources for spiritual growth and intentional living at: www.enablemetogrow.com

*Our mission is nurturing spiritual growth in mothers and their young children
by offering inspiration and practical tools inspired by the Baha'i Teachings.*

Reflect on the Past Year

Describe the past 12 months in five words:

List three highlights from the past 12 months:

- 1.
- 2.
- 3.

What might you have liked to do differently in hindsight?

What have you discovered about yourself over the past 12 months?

Learn From Your Experiences

List five qualities you've been developing over the past 12 months:

List three lessons from the past 12 months:

- 1.
- 2.
- 3.

What have you learned to appreciate?

What are you ready to let go of?

Envision Your Dreams for the Coming Year

List five words you'd like to describe yourself with for the next year:

List three things you'd like to see happen over the next 12 months:

- 1.
- 2.
- 3.

Are you moving towards the above, and why/why not?

What do you need to do differently to move forward more effectively?

Pray About Where God is Leading You

List five virtues you'd like to develop over the next 12 months:

List three things you'd like to pray for:

- 1.
- 2.
- 3.

How would you act if your prayers have been answered?

What would change for you if you developed the virtues listed above?

Discover Where You are Going With Your Life

Use five words to describe your future:

List three things you need to do to meet your destiny:

- 1.
- 2.
- 3.

What will you focus on during the next 12 months?

What support can you call on to meet your goals?

Take Positive Action in All Arenas of Life

List five goals for each.

Heart (*spiritual health, self-esteem, relationships*)

- 1.
- 2.
- 3.
- 4.
- 5.

Head (*work, education, interests*)

- 1.
- 2.
- 3.
- 4.
- 5.

Physical (*health, home, environment*)

- 1.
- 2.
- 3.
- 4.
- 5.

Complete the sentences.

This is the year I will...

I will focus on...

I will learn to...

This is the year I will say NO to...

This is the year I will say YES to...

My goal in life is to...

Complete the sentences.

In five years I would like to be...

In ten years I would like to be...

In fifteen years I would like to be...

Considering My Relationship with My Children

Note: This page should be completed for each of your children. You can use the back of the paper to answer the same questions for each child.

Is my relationship with my child healthy and why/why not?

What words can I use to accurately describe “us”?

What is our pattern of relating to each other?

What qualities do I need to develop to better our relationship?

How can I feel and show unconditional love more effectively?

My Dreams for My Child/Children

What do I want my child to learn from me?

How can I share this with him/her?

What kind of life do I want him/her to lead?

How can I help him/her get there?

What do I want our relationship to be like in the future? Are we setting the stage for that relationship now?

Knowing Myself

What are my interests?

What are my talents?

Am I honoring these?

What are my strengths?

What are my weaknesses?

Am I taking these into account with wisdom?

Letter From a Wiser Self

Write a letter to yourself, from the perspective of 15 years down the track. Tell yourself what is important. What should you focus your energies on in the year 2012? What should you spend your time on? What should you spend less time/energy on?

Address the letter to yourself and sign it from yourself.

My Vision for This Year

Write a vision statement or affirmation for yourself for this year. You may like to refer to it often, perhaps every day or every Feast day, to remind yourself of your goals and the direction you want to take.

Quotations for Reflection

Praised be Thou, O my God, that Thou hast ordained Naw-Ruz as a festival unto those who have observed the fast for love of Thee and abstained from all that is abhorrent unto Thee. Grant, O my Lord, that the fire of Thy love and the heat produced by the fast enjoined by Thee may inflame them in Thy Cause, and make them to be occupied with Thy praise and with remembrance of Thee.

(Baha'u'llah, Prayers and Meditations by Baha'u'llah, p. 67)

If we are not happy and joyous at this season, for what other season shall we wait and for what other time shall we look?

This is the time for growing; the season for joyous gathering! Take the cup of the Testament in thy hand; leap and dance with ecstasy in the triumphal procession of the Covenant! Lay your confidence in the everlasting bounty, turn to the presence of the generous God; ask assistance from the Kingdom of Abha; seek confirmation from the Supreme World; turn thy vision to the horizon of eternal wealth; and pray for help from the Source of Mercy!

(Abdu'l-Baha, Baha'i World Faith - Abdu'l-Baha Section, p. 351)

If the mother is educated then her children will be well taught. When the mother is wise, then will the children be led into the path of wisdom. If the mother be religious she will show her children how they should love God. If the mother is moral she guides her little ones into the ways of uprightness. It is clear therefore that the future generation depends on the mothers of today.

(Abdu'l-Baha, Paris Talks, p. 161)