

Finding My Word of the Year

YOUR WORD OF THE YEAR CAN BE USED TO GUIDE YOU THROUGH DECISIONS YOU MAKE THROUGHOUT THE YEAR. THIS IS YOUR WORD THAT SIGNIFIES WHO YOU WANT TO BE THIS YEAR AND ACTIONS YOU WANT TO TAKE. THIS WORKSHEET WILL WALK YOU THROUGH PICKING YOUR WORD OF THE YEAR.

HERE ARE SOME EXAMPLES TO HELP GET YOU STARTED.

- | | | |
|------------|-------------|-----------|
| RESOLVE | ADAPT | OPTIMISIM |
| AWAKE | TRANSFORM | EMPOWER |
| RISK | FINISH | CHANGE |
| IGNITE | GROWTH | MORE |
| MINDFUL | CREATE | EMBRACE |
| AMBITION | INTEGRITY | PEACE |
| UPLIFT | FREEDOM | RELAX |
| EASE | SILENCE | ABUNDANCE |
| TRANSITION | THRIVE | BRAVE |
| SIMPLIFY | PERSISTENCE | LIMITLESS |
| TRUTH | PERSPECTIVE | BEAUTY |
| BALANCE | BELIEVE | BE |
| CONFIDENCE | YES | TRUST |
| FAITH | NO | LOVE |
| PRESENT | JOY | ALLOW |
| IMAGINE | REBUILD | GRACE |

THIS LIST IS JUST A SMALL BIT OF IDEAS OF YOUR WORD OF THE YEAR. CIRCLE THE ONES THAT RESONATE WITH YOU MOST? MAYBE YOU ARE LOOKING FOR A MORE PEACEFUL AND CALM YEAR. YOU MAY LOOK FOR A WORD THAT IS ABOUT TRANSFORMATION AND GROWTH.

WOULD YOU LIKE YOUR WORD TO BE MORE ACTIVE OR PASSIVE?

WHAT 5 WORDS STAND OUT TO YOU MOST?

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WORD 1: _____

WHAT DOES THIS WORD MEAN TO YOU:

HOW DOES THIS WORD MAKE YOU FEEL:

WORD 2: _____

WHAT DOES THIS WORD MEAN TO YOU:

HOW DOES THIS WORD MAKE YOU FEEL:

WORD 3: _____

WHAT DOES THIS WORD MEAN TO YOU:

HOW DOES THIS WORD MAKE YOU FEEL:

WORD 4: _____

WHAT DOES THIS WORD MEAN TO YOU:

HOW DOES THIS WORD MAKE YOU FEEL:

WORD 5: _____

WHAT DOES THIS WORD MEAN TO YOU:

HOW DOES THIS WORD MAKE YOU FEEL:

WHAT WORD ARE YOU CONSIDERING? _____

WHY DO YOU THINK THIS IS THE PERFECT WORD

MY WORD FOR THE YEAR