



Activity: Your Word For The Year

Step 1: Reflect

Reflect on this past year and ask yourself these questions. Write down whatever comes to mind without over-thinking anything:

What could I use more of in my life?

What could I use less of in my life?

What skills or traits would I like to have?

Most of the time I feel _____.

I want to feel _____ more often.

Once you review your responses you'll have a better understanding of the direction you'd like to go, or what you feel may be lacking in your life.

Step 2: Visualize

Visualize what the perfect day would feel like, the emphasis here is "Feel". Think about how you want your morning to feel, how you want to feel at work or throughout the day, and how you want to feel right before you go to bed.

Step 3: Create a List

Create a list of the first 10 words that come to mind and write them down on the next page, no over-thinking! Need some help? Here are some examples:

Mindful Creative Impact Calm Content Passionate Health Wellness Warrior
Strong Vulnerable Connection Powerful Present Alive Abundant Success



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1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

**DO SOMETHING
TODAY THAT
YOUR FUTURE
SELF WILL
THANK YOU
FOR.**

*Our actions and decisions today will shape
the way we will be living in the future.*

Step 4: Review & Refine

Review your list and narrow down your favorites by circling the top 3 words that resonate with you most. Pick the words that jump out at you, make you feel excited, nervous or scared? Sometimes the words that scare us most can mean we're on the right track to creating a positive change.

Step 5: Choose the one word that resonates most with you. Use this word to guide you in every decision you make, everything you say "yes" or "no" to throughout the year should align with your "one word".

My one word that I'm going to commit to for the entire year.



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