

WHAT'S YOUR WORD?

MyIntent

ACTIVATE YOUR WORD

REFLECT: Think about your goals. These can be long-term or short-term goals. You could even think of an intention that you have for the present moment.

Do you need **STRENGTH** to get through a difficult situation? Are you wanting to find and accept **LOVE**? Do you want more **PEACE** in your life?

Write your answers to the following questions. This exercise will help guide you to your WORD:

What do I need more of in my life?

What do I want to work on at this moment?

Where do I want to see myself in the future?

What can I do now that will get me closer to my goals?

SENTENCE EXAMPLES:

With strength and determination, I move forward RESILIENTLY.

Ready to open my heart again, I choose to love PASSIONATELY.

When I let go of the past, I started to live PEACEFULLY.

Starting now, I want to live WITH HOPE.

ACTIVATED WORD EXAMPLES:

original word

COURAGE	COURAGEOUSLY
RESILIENT	RESILIENTLY
FREEDOM	FREELY
WILD	WILDLY
FEARLESS	FEARLESSLY
FAITH	FAITHFULLY
LOVE	PASSIONATELY
CONFIDENCE	CONFIDENTLY
BEAUTIFUL	BEAUTIFULLY
PEACE	PEACEFULLY
FIERCE	FIERCELY
HONEST	HONESTLY
BRILLIANT	BRILLIANTLY

-ly word

original word

RISE	RISING
DREAM	DREAMER / DREAMING
STRENGTH	STRONGER
BELIEVE	BELIEVER / BELIEVING
LIVE	LIVING
LOVE	LOVING
LEAD	LEADER / LEADING
PEACE	PEACEFUL / WITH PEACE
HOPE	WITH HOPE
FAITH	WITH FAITH

activated word