

ACTIVATE YOUR WORD

<u>REFLECT:</u> 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?

BRAINSTORM: How can you activate your WORD?

blank on the following examples:
With strength and determination, I move forward
Ready to open my heart again, I choose to love
When I let go of the past, I started to live
Starting now, I want to live"
The goal is to answer how you want to live. Adding a suffix - <i>like -ly</i> – to your WORD (e.g. courageously) helps you to answer that " how ." It creates a small narrative that guides your understanding of the active role that your WORD plays in your life. <i>How</i> are you living? <i>How</i> are you moving forward or letting go or conquering obstacles?
This activity helps to put you directly into the storyline that you're creating. When you can visualize yourself in the moment with your intention, you will feel more connected to and empowered by your WORD.
When you're ready, here is some extra space for you to write your own sentences. Remember – this is <i>your</i> story. How do you want to live your life?
ACTIVATED: You're ready to work with your intention!
What's Your New WORD?

Try writing your WORD into a sentence or a short quote. Practice by filling in the

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:

