

Word of the Year Journal Prompts

JOURNAL YOUR WHYS:

As you begin your word of the year journey each year I highly encourage you to set aside some time to connect with all of the WHYS behind your word of the year. Use the prompts below to help you connect with the “why” behind your word of the year.

- **GOALS...** When you consider the upcoming year, what are some goals that come to mind? (Personal, family, physical, social, career and home etc.)
- **EXCITED ABOUT...** What are you looking forward to this year? Life events, special trips, things that are kind of a big deal... Capture them all!
- **CHALLENGES...** Are there areas that are currently challenging you or that you know will be a struggle? Make those are important to journal about too.
- **CHANGES...** What changes do you want to make around the new year? Are there things that are standing out to you as problematic? Use your journal to list them all out.

CONNECT WITH YOUR WORD:

The whys and the lists of goals and dreams are always a good place to start, but one of the keys to really connecting with and holding your word close all year long is to let your word find a home right in your heart! The prompts below are a few journaling prompts to help you get to know and even fall in love with your amazing word!

- The **heart** behind my word is...
- My word was **inspired** by...
- What I **love** about my word is...
- What do I want to **release** as I step into the new year?
- What **matters** most to me right now?
- What do I want to **change** in my life this year?
- What do I want to be more **open** to?

REMEMBER THIS:

The more we are willing to listen for the whispers of our word, and create real space in our life for our word of the year, the more our word of the year can help us learn and grow! So listen closely to your word, journal it all out, and let your word settle itself right in your heart! I promise you, connecting with your word on this level will really have an impact on your life! So what are you waiting for???

LET'S START JOURNALING!