



Word of the Year

Set the Tone for Your Year: Discover and Use Your Guiding Word(s)

Step 1: Reflect on the Past Year

Write down some of the things that went well for you. Were there any challenges? What word or phrase can you use to describe this past year?

Step 2: Envision the Year Ahead

How do you want to feel this year? What areas of your life need more attention (e.g., health, relationships, career, personal growth)? Imagine it's the end of the year—what do you want to have accomplished?

Step 3: Brainstorm Potential Words

Write down any words or phrases that come to mind as you think about your goals and values for the year. Examples to inspire you: Balance, Growth, Courage, Simplify, Explore, Connection, Resilience, Joy, Focus.

Step 4: Choose Your Word(s) from Step 3

Circle the word(s) that resonate most with you. Why did you choose this word? Write 2 or 3 sentences to explain your choice.

Step 5: Put Your Word(s) Into Action

Where will you keep your word(s) visible? (e.g., journal, vision board, sticky notes). Write down three specific actions you'll take this month inspired by your word(s).
