

A Word (or Phrase) to Guide Your Year



How to Choose It. How to Use It. How to Revisit It.

A practical reflection guide to help you discover a word or phrase that supports this season of your life and learn how to live with it throughout the year.

Created for women embracing their second act.

Step 1: Understand the Purpose

An anchor word or phrase is not a resolution.

It's not a productivity tool.

It's a guide.

It helps you:

- Pause before reacting
- Make intentional choices
- Stay connected to what matters most

It doesn't need to be perfect.

It only needs to feel honest.



Step 2: Reflect Before You Choose

Before selecting a word, take a few quiet moments to consider:

- What feels unfinished but still alive in me?
- What do I want more of in this chapter of life?
- What am I ready to release?
- Where am I craving growth?
- Where might I need more care or compassion?
- What kind of energy do I want guiding my days?
- If this year had a tone, what would it be?

Journal Notes:

Step 3: Choose Your Word or Phrase

Write down three to five words or short phrases that resonate.

Now test them:

- Does this word feel expansive or heavy?
- Does it energize me or pressure me?
- Does it reflect who I am now?
- Can I live with this word for a season?

My Word or Phrase:

Step 4: Use Your Word as a Compass

Your word becomes meaningful when it shapes your choices.

Throughout the year, ask:

- Does this decision reflect my word?
- Where am I drifting from it?
- What small action would bring me back to it today?
- How is it influencing my energy?

Remember:

Your word is not there to judge you.

It is there to guide you.

Step 5: Revisit and Refine

Mid-year—or anytime—pause and reflect:

- Does my word still resonate?
- How has its meaning deepened?
- Where have I seen it show up in my life?
- Does it need adjusting?
- What do I want the rest of this year to feel like?

You are allowed to refine.

You are allowed to begin again.

Growth is not linear.



This chapter is not an ending.

It is an unfolding.

You have lived enough to know what matters.

Now you get to live it fully.

Let your word walk with you into what is next.

Choose it.

Live with it.

Let it guide you.

