

Take a Moment: Word for the Year Guide

Choosing your word for the year

A Moment to Reflect: Welcoming a New Year

As the year comes to an end, it can be helpful to pause. To slow down, take a breath, and reflect on the year that has been.

Instead of setting resolutions or focusing on what needs “fixing,” you might like to choose a single word to guide you into the new year. A word can feel grounding, gentle, and far more sustainable. It becomes something you can return to whenever life feels busy or uncertain.

Choosing a word is about direction, not perfection. It’s a way to stay connected to what matters most to you.

Making Space for What Matters

Sometimes we hold onto habits, expectations, or routines simply because they’ve always been there. You don’t have to keep carrying what no longer feels right. Letting go creates space — space for clarity, space for joy, and space for the person you’re becoming.

Reflection Prompts

Use these questions to look back on your year and look ahead with intention:

- What did this year look like for you?
- What do you want to carry with you into the new year?
- What do you want to leave behind?
- What word or feeling might guide you?
- What do you want to make space for?

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Daily Reminders

These simple intentions can support you throughout the year. Keep them close and return to them whenever you need a little encouragement or a reset.

Mindset

- Today I will shift my mindset.
 - Today I will take one small step toward my dreams.
 - Small changes create big results.
 - I will not listen to the negative talk.
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Well-being

- I will be present for at least one minute each day.
 - I will listen to what my body needs — rest, movement, nourishment.
 - I will do something that creates calm.
 - I will do something that creates energy.
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Word of the Year Inspiration

Growth, Expansion and Possibility

Grow · Bloom · Thrive · Flourish · Rise · Progress · Explore · Expansion
· Dream · Imagine · Cultivate · Glow · Move · Renew · Action ·
Possibility · Unlimited · Ambition · Journey · Adventure

Inner Strength, Courage and Resilience

Courage · Fearless · Strive · Persist · Persevere · Strength ·
Determination · Commit · Believe · Transform · Improve · Spirit

Self-Worth, Compassion and Inner Grounding

Worthy · Enough · Patience · Stillness · Grounded · Calm · Peace ·
Harmony · Light · Free · Soul · Whole · Purpose · Priority

Presence, Mindfulness and Reflection

Mindful · Present · Reflect · Conscious · Deliberate · Now · Stillness ·
Alignment · Intentional · Balance · Consistency · Flow

Joy, Creativity and Playfulness

Joy · Play · Fun · Laugh · Delight · Create · Sparkle · Shine · Celebrate
· Inspire · Love · Appreciative · Gratitude

Connection, Community and Trust

Connect · Trust · Encourage · Support · Alignment

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A Note for the Year Ahead

- You're allowed to choose what feels right for you.
- You're allowed to change direction, slow down, or take things one small step at a time.
- You don't need everything sorted before you begin.
- You're allowed to build a life that feels steady, meaningful, and yours.

I hope the year ahead brings clarity, connection, and moments that feel true to you.

If you'd like support or a space to reflect as you move into the new year, I'm here when you're ready. Visit my website to find more information www.takeamomentcounselling.com.au