

Circle or highlight as many words as you wish.

ADVENTURE	LOVE	CLIMB
DWELL	FOCUS	CREATE
HEAL	ACCOMPLISH	SPACE
GIVE	PRESENT	BELIEVE
REST	FLEX	LEARN
MAGIC	NOURISH	RECOVER
FAITH	INTENTION	EXPLORE
REMEMBER	CONNECT	MOVE
GRACE	DREAM	ACTION
CHALLENGE	RISK	OBSERVE
AUTHENTIC	ADAPT	SAVOR
WOW	POTENTIAL	FLEXIBILITY
RELEASE	SHINE	VISION
REACH	ACCEPT	TRUST
CURATE	COLOR	YES
AND	CELEBRATE	DELIGHT
CHRONICLE	BALANCE	COMPLETE
PAUSE	BLOOM	AMAZE
EXPERIENCE	PRIORITIZE	STRIVE
OPEN	THRIVE	TIME
MANIFEST	CHOOSE	CARE
POSSIBILITY	RISE	CONQUER
NURTURE	STAY	JOY

WILD	TODAY	APPLY
PURGE	MINDFUL	PRESENCE
ABUNDANCE	HUMILITY	ENOUGH
SURRENDER	FREE	PASSION
PRAY	ROOT	BE
LAUGHTER	GRATITUDE	SHIFT
SURPRISE	PLAY	JOURNEY
POTENTIAL	TRUTH	SLOW
RESILIENT	LAUNCH	ASK
LESS	LIVE	IMAGINE
HOLD	RESOLVE	STRETCH
COMMIT	FLOW	SEE
NOTICE	TEND	KIND
LEAP	GARDEN	HEART
PRACTICE	STORY	HELLO
PEACE	HABIT	STILLNESS
CAPABLE	BEGIN	LIGHTEN
BRAVE	SHARE	HOPE
SIMPLE	LIGHT	TREASURE
FULL	THANK YOU	WEAVE
DISCIPLINE	MAKE	SPACE
CONFIDENT	DARE	PLACE
ADJUST	GROW	BETTER

When you finish, you may notice you've circled synonyms or words that are otherwise related, and you don't know how to narrow it down to one. Don't get stuck here!

For example, you might have circled PAUSE, REST, GRACE, HEAL and SURRENDER. If you choose REST, be assured that PAUSE and SURRENDER and GRACE and HEAL are very much a part of REST. They will show up in your year if you want them to, whether you pick them or not. You'll see!

What word feels right to you, right now?

My One Word '25
