

SANKOFA

moving forward while looking back



Sankofa comes from a Ghanaian proverb that says, in moving forward, it's necessary to look back...to take our lessons + wisdom from the past as we move into the future. The symbol is the Sankofa Bird, moving forward while looking behind, the 'egg of the future' held in her beak.

Just like last year, I'm going to look backward—not just at My One Word '22, but at *my practice itself* and *my collection of words*.

{reflecting on my practice}

<p>What do I love about my practice? What works for me?</p>	<p>What doesn't work? What will I discard this year?</p>	<p>What intrigues, inspires me? What will I try with my practice?</p>
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{reflecting on previous words}

In the spirit of Sankofa, I'm 'taking up my wisdom,' carrying what I've learned from these One Words past as I move into my future ::

Begin.

My One Word 2023 :: _____

{definitions}

{synonyms}

{interpretation}

{vulnerable spots}

My One Word 2023 :: _____

{thoughts, questions, points to ponder}

1. _____

2. _____

3. _____

4. _____

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11. _____

12. _____

My One Word Lists



I love a good list!

Here, I keep running lists that pertain to My Word. These are organic, living lists. Nothing's written in stone. I may use all, none, or some of these resources in my One Word Year. No pressure—only options.

Under **Books...** I include fiction, non-fiction, and poetry. I keep my interpretation loose.

Other Media... might include blockbuster films, Netflix series, documentaries, podcasts, inspiring Instagrammers, you name it.

Field trips... well, these are my favorite. They're adventures, usually close to home...a short walk away, an hour away, or a day trip. Or go big! These are any adventures that resonate with My Word.

Remember: This is all you! Personalize new categories as you go.

BOOKS



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OTHER MEDIA



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FIELD TRIP IDEAS



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