

Back to Basics with My One Word ::

Having a One Word practice adds a lot to my life--and I'm guessing the same goes for you, too. You're here, after all!

One thing it adds? A foundation to my year. Like the cinder blocks of a house. Or the roots of a tree. And after the ease and flex (and fun) of summertime, I'm getting back to that by asking myself:

What does that mean to me--'get back to basics' with My One Word :: _____?

Rituals and habits are part of my foundation, whether directly or indirectly related to my practice. Did I let some of those go this summer? Do I want to pick any back up? Did I establish a new one I'd like to keep, or do I want to consider doing that now?

Do I want to choose one thing to anchor my day or my week while I get back to basics this month? I'm thinking simple--like writing it at the top of my calendar each day.

Reviewing my One Word notes from January, have I forgotten or overlooked anything at this point? If so, is it still important to me? September's a good time to tend to what matters (and give myself permission to release what doesn't)—especially since life will get busier in the next few months.

In terms of the pandemic, how can the foundation of My One Word support me even when—especially when—what lies ahead is unknown?

Feel free to use one of the following visuals that suits you--or create a different one that does!--if you'd like to get back to basics with Your One Word practice in September:



