

Sankofa:

Moving forward while looking back.

It's common to hear, in our modern times, 'Don't look back!' And that might be especially appealing this year...

But not so fast--

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.

Looking back at your One Word 2024 + Looking forward to your One Word 2025:

What do you want to keep about your practice? What did you like?
What worked well for you?

What didn't you like? What didn't work for you? What will you let go?

Were there any surprises with One Word 2024?

Looking back--taking up your wisdom--what do you want to do differently with One Word 2025, if anything?

Begin.

My One Word 2025: _____

:: definitions

:: synonyms

:: my interpretation

:: vulnerable spots

Consider. Ponder. Ask. Wonder.

January's such a **fresh** time, what with our words--and the year--being new and all.

So while it's fresh, I like to look at my One Word [Brainstorm Map](#) and...do a little work with it. Record thoughts + questions that come to mind...flesh it out...elaborate on words + short phrases.

At the beginning of each month, I'll look at that map. And it usually happens that something pops out. Resonates. In some way speaks to the month ahead.

Think of this worksheet as a companion to the map, a place to keep thoughts + ideas and reference it all year long. (Your plans will be safe here! They're not going anywhere. You don't have to embrace all of your word in the next 31 days.)

Here are some examples from **My One Word 2021: Curate.**

1. If I was moving, what would I pack? Leave behind?
2. How've I been choosing what to read next? How could I be more effective, more intentional with my TBR?
3. How does using social media align w/ MY values?
4. RE: the holidays we just wrapped up, what did we love? What felt arbitrary?

My One Word 2025: _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____