

THE

Word of the Year

DISCOVERY TOOL

PART 1 / CLARITY: KNOW YOUR WHY

1 Write the word (or words) you are considering for the coming year

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2 Why do you think this is a great word for you for this year?
(If you chose more than one, answer for each word.)

3 If you embodied this word daily, what would be different for you in an average day?

4 How do you already live out/embodiment this word?
How don't you live out/embodiment this word?

DO	DON'T

5 List 10 things you could create this year if you lived out this word daily ...

1	6
2	7
3	8
4	9
5	10

PART 2 / AWARENESS: KNOW YOUR TRIGGERS

1 List three specific triggers that might make you "shrink" or run in the opposite direction of your word.

Example: If you chose "Wealth," one of your triggers might be shame. You look at some of the financial mistakes you've made, then shame yourself. This keeps you stuck in a pattern over and over again. Awareness helps you break the cycle.

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2 What obstacles have kept you from living out this word until now?

3 List five new habits or routines you might incorporate into your life to embody this word more fully.

1	2	3	4	5
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PART 3 / VISION: KNOW YOUR DREAMS

1 List five goals – big or small – that you’d like to accomplish this year, based on the word you are choosing

1	2	3	4	5
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2 What would be a “home run” for you? Write as detailed as you can.

3 CHOOSE YOUR WORD

PART 4 / ACTION: YOUR NEXT STEPS

1 SHARE YOUR WORD

Post your word on social media. Share why you chose it. It’ll be a great post, and you’ll inspire others to share theirs as well.

2 GET ENCOURAGEMENT

When you have a buddy, you get encouragement and accountability.

3 POST YOUR WORD

Post your word where you will see it everyday (Preferably in the morning). This will keep it on your mind and in your world, guiding you as you take action and move through the year.

Many people know instantly which word resonates with them. For others, a little contemplation is required.

Here is a list of possible words you could choose. As you read through them, see if one stands out for you.

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|----------------|-------------|-------------|---------------|----------------|
| Compassion | Kindness | Patience | Risk | Heal |
| Delight | Health | Friendship | Gentleness | Order |
| Generosity | Presence | Fun | Choice | Clarity |
| Effortlessness | Acceptance | Grace | Spirit | Pioneer |
| Wealth | Courage | Laughter | Prayerfulness | Peace |
| Gratitude | Confidence | Love | Power | Laziness |
| Abundance | Self-Love | Expansion | Allow | No |
| Creativity | Action | Exploration | Artfulness | Yes |
| Willingness | Forgiveness | Adventure | Attention | Deliberateness |
| Change | Forgive | Openness | Beauty | Commitment |
| Growth | Release | Discipline | Joy | Savor |
| Freedom | Trust | Awe | Focus | Integrity |
| Mastery | Knowing | Awareness | Ritual | Listen |