

How do you come up with just one WORD? Let's consider the different areas where you might set goals: personal, relationships, finances, and health.



Reflection

What WORD will you use as your reminder to work toward those goals? **Ask yourself the following questions:**

- How do you want to tackle these goals? (*i.e. courageously, fearlessly, with love, with faith*)
- What do you need to work through each goal? (*i.e. strength, resilience, passion, perseverance, love, peace, faith*)
- What will accomplishing these goals give you? (*i.e. hope, peace, confidence, change*)
- What would serve as a daily reminder of what you're working toward? (*you've got this, I am enough, dreamer, warrior, let go, breathe, be the change, I am loved, I am strong*)

What's Your WORD?

Did any of your answers stand out to you? Your answer is your WORD. It will serve as a lens that focuses on what's most important to you.

Your WORD is all yours to choose - and it is most powerful when it speaks directly to you and reminds you to work toward your goals.

If you start to notice that your goals are changing - *that's ok!* The WORD you choose now does not have to be your "forever" WORD - it's yours as long as you feel a connection with it. Once you've finished your journey with one WORD, you can pause to reflect on new goals and choose another WORD that resonates with you in that moment!