



WORD OF THE YEAR

Choosing a word to represent the entire year can seem like a daunting task. These three steps will help you get on the right track to choosing a personal word.

1: Brainstorm

Jot down any words that you immediately think of. Go with your initial “gut” reaction first. The words that you choose should be powerful and positive!

How can your word enhance your goals and give you flow and direction?

It’s okay if you think of a lot of words at first. This means that you’re passionate and have a lot of dreams and goals. But we will work on narrowing these down as we go.

2. Ask yourself questions

What is missing from your life?

Where is your life headed? Do you like that path or do you want to change it?

What, if any, lies do you tell yourself?

What are your goals?

Do a little soul searching. Maybe do some free-writing. Dig deep. Add to or subtract from your list as necessary. The most powerful words are the ones that are deeply meaningful and apply to many different parts of my life.

3. Narrow them down, one at a time.

Hopefully you have a list of 5 words or so. If you’re left with more than one, consider focusing on one word per quarter instead of for the whole year. This one little focus word should resonate with your being and feel right for you!

Remember!!: There are no wrong answers, because this speaks to your mindset. It’s about progress, not some unachievable destination.

HOW TO MAKE YOUR WORD SUCCESSFUL

So with all of this considered, how do you choose a word and set yourself up for the greatest amount of success?

1.) Make sure you see your word every day

2.) Put your word into affirmations

Affirmations are basically powerful sentences that you can repeat back to yourself during a meditation practice or remind yourself through the day. They are in first person, positive, present tense, and powerful!

Here are some affirmations (with word variations or different parts of speech):

I am innovative and creative! (Affirmations for Creativity)

I am free! (Affirmations for Letting Go)

I live a life of luxury and enjoyment! (Affirmations for Joy and Pleasure)

Activity adapted from Wild Simple Joy: <https://wildsimplejoy.com/personal-word-of-the-year-ideas/>



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|----------------|-----------------|---------------|-----------------|------------------|-----------------|
| • abundance | • compassion | • flow | • kindness | • reflection | • understanding |
| • accept | • complete | • fly | • laugh | • release | • unleash |
| • acceptance | • connect | • focus | • lead | • respect | • unlimited |
| • adventure | • connection | • force | • leader | • rest | • unstoppable |
| • affect | • conquer | • forgive | • leadership | • rich | • vibrant |
| • affluence | • considerate | • forgiveness | • learn | • satisfy | • vision |
| • alert | • consistency | • free | • liberate | • self-care | • vitality |
| • align | • contained | • freedom | • light | • self-love | • voice |
| • alignment | • contemplation | • fulfilling | • limitless | • self-worth | • wealth |
| • allow | • contribute | • fun | • listen | • selfish | • wealthy |
| • amaze | • contribution | • gain | • love | • service | • wellness |
| • ambition | • courage | • gentle | • luxury | • share | • wholehearted |
| • amplify | • create | • give | • magic | • simplicity | • wild |
| • appreciate | • creation | • giving | • maximize | • simplify | • wonder |
| • appreciation | • creativity | • glisten | • meaning | • slow | • worth |
| • aspire | • delight | • glow | • meditate | • smile | • worthy |
| • awake | • depth | • grace | • metamorphosis | • soar | |
| • aware | • determination | • gracious | • mindful | • soul | |
| • awareness | • determined | • gratitude | • mindset | • soulful | |
| • balance | • discipline | • grow | • minimize | • space | |
| • be | • discovery | • growth | • monetize | • sparkle | |
| • beauty | • dream | • happiness | • money | • spirit | |
| • become | • ease | • healing | • new | • steady | |
| • belief | • elevate | • health | • nourish | • still | |
| • believe | • empathy | • healthy | • now | • stillness | |
| • belong | • empire | • help | • open | • strong | |
| • belonging | • empower | • hold | • optimistic | • succeed | |
| • bliss | • energize | • honesty | • organize | • success | |
| • bloom | • engage | • humility | • patience | • successful | |
| • boss | • enhance | • ignite | • peace | • surrender | |
| • bounce | • enjoy | • immerse | • persevere | • surround | |
| • boundaries | • enjoyment | • improve | • perspective | • sympathy | |
| • boundless | • enlighten | • influence | • play | • teach | |
| • brave | • enlightenment | • infinity | • playful | • thoughtful | |
| • breath | • enough | • innovation | • positivity | • thrill | |
| • breathe | • enthuse | • insight | • powerful | • thrilling | |
| • capable | • enthusiasm | • inspire | • prioritize | • thrive | |
| • captivating | • epitome | • integrity | • priority | • today | |
| • celebrate | • explore | • intent | • process | • transcend | |
| • centered | • faith | • intention | • progress | • transform | |
| • cheer | • family | • intentional | • purpose | • transformation | |
| • cleanse | • fearless | • intuition | • quiet | • transparent | |
| • comfort | • finish | • invest | • radiant | • travel | |
| • community | • flourish | • joy | • receive | • unchained | |