



my word of the year journal

Year:

Word:





Finish each day & be done with it.

You have done what you could.
Some blunders & absurdities no doubt crept in;
Forget them as soon as you can.

Tomorrow is a new day.

You shall begin it serenely + with too high a spirit
to be encumbered with your old nonsense.

Ralph Waldo Emerson





MY WORD OF THE YEAR

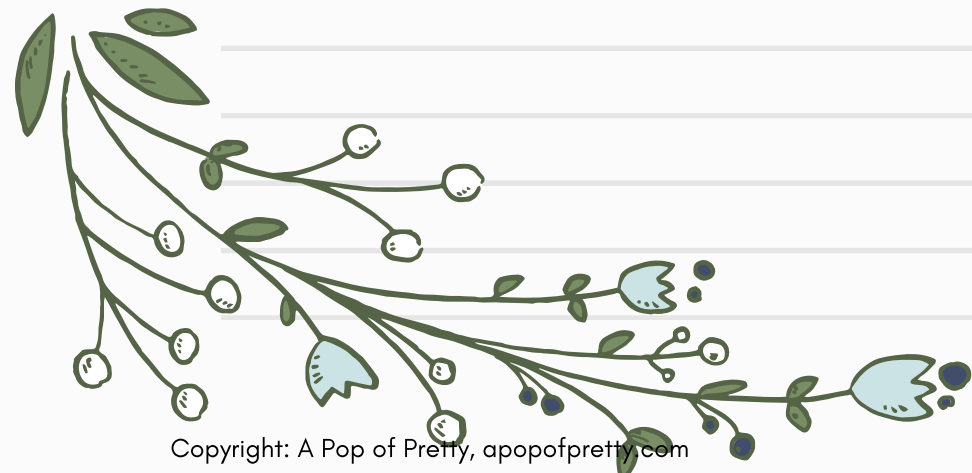
My word of the year for 20__ is:

This word is my mantra for 20 __. It's a theme word that most inspires my vision & mindset for the year ahead, and best describes what I want most from life in 20__. When life gets complicated, I'll use this word to re-focus my attention & priorities to live my best life this year.

This word means:

Write the dictionary definition & its synonyms:

I chose this word because:





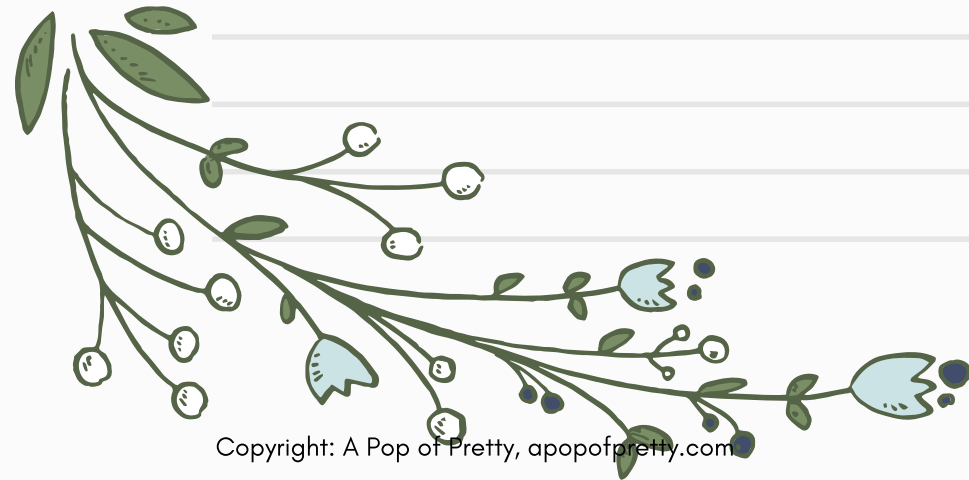
MY WORD OF THE YEAR

Areas of my life I can incorporate this word:

List the areas of your life you can use this word in 20__ to change your mindset, actions, priorities & decisions (e.g., family, friends, work, hobbies, etc.).

These are my goals for 20__,
using my Word of the Year as inspiration.

List your specific goals for the year, using your Word of the Year as inspiration - in the areas of your life you listed above.







MY WORD OF THE YEAR

ACTION PLAN

I can honour my Word of the Year by:

Continuing to do these things well:

Doing these thing differently:





MY WORD OF THE YEAR

ACTION PLAN

I can honour my Word of the Year by:

Taking these 5-10 specific actions this year.

1.

2.

3.

4.

5.





MY WORD OF THE YEAR

ACTION PLAN

I can honour my Word of the Year by:

Taking these 5-10 specific actions this year.

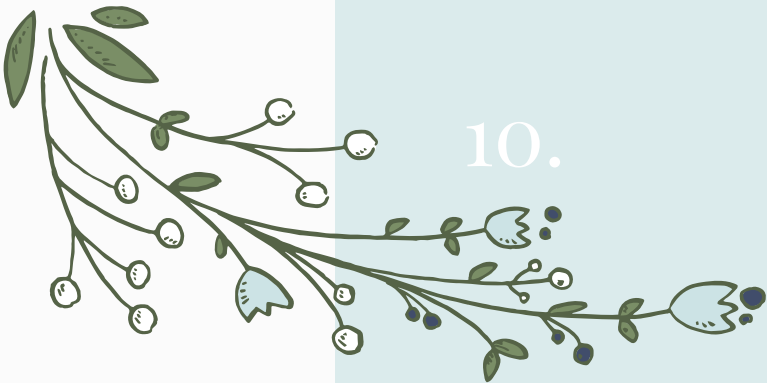
6.

7.

8.

9.

10.





MY WORD OF THE YEAR

MY ACCOUNTABILITY JOURNAL

Things I did to honour my Word of the Year:

Date:

Action:

Date:

Action:





MY WORD OF THE YEAR

MY ACCOUNTABILITY JOURNAL

Things I did to honour my Word of the Year:

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Date:

Action:





MY WORD OF THE YEAR

MY ACCOUNTABILITY JOURNAL

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MY WORD OF THE YEAR

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Things I did to honour my Word of the Year:

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