



**WORD
OF THE
YEAR
2023**

BRAINSTORM YOUR GOALS 2023

Take a moment to write down your goals for the year. You don't have to fill them all out, I find that sometimes having less goals makes them more achievable.

IN MY RELATIONSHIPS I WANT TO

FOR MY FINANCES I WANT TO

IN MY CAREER I WANT TO

FOR OTHERS I WANT TO

FOR MY HEALTH I WANT TO

FOR _____ I WANT TO

CHOOSE YOUR MAIN GOALS

One way to get closer to achieving your goals is to break them up into actions and projects. I've found that the more specific I am about what's involved in the goals I want to tackle, the more likely I am to be able to do them. So choose a few main goals, and if you can, break them down into action steps to help you get started.

1ST MAIN GOAL _____

Action steps _____

2ND MAIN GOAL _____

Action steps _____

3RD MAIN GOAL _____

Action steps _____

4TH MAIN GOAL _____

Action steps _____

5TH MAIN GOAL _____

Action steps _____

WORD OF THE YEAR 2023

Seven years ago I started choosing a word to help guide my year, and I found it quite useful. Although lots of things have changed since I started doing this, the process has remained useful and for me it's a nice way to ease into the year.

Choosing a word of the year can help you to:

- Focus your thinking for the year,
- Unify your goals to make them more approachable,
- Allow for the evolution of your goals over the course of the year,
- Give you an easy way to check in on your goals, and
- Make your yearly review simple.

Not only is the focus word itself useful for guiding you through the year, but the process you go through to come to your focus word can help you define what success and happiness looks like for you.

EXAMPLES OF FOCUS WORDS

. BEGIN - GROW - EVOLVE - CHANGE - EXPAND - EDUCATE

. EXPLORE - INVEST - REVIVE - RELEASE - ORGANISE

. TRUST - LIGHTEN - HOPE - HARNESS - NURTURE - TRY

. BALANCE - GRATITUDE - UNDERSTAND - LET GO

. THOUGHTFUL - HEALTH - HAPPINESS - GIVE - RECEIVE

THESE ARE SOME WORDS THAT RESONATE WITH ME & REFLECT MY GOALS

MY WORD OF THE YEAR IS

SPECIFICALLY MY FOCUS WORD RELATES TO
