

CHOOSE YOUR WORD FOR THE YEAR

A SIMPLE WORKSHEET DESIGNED TO HELP YOU FIND YOUR FOCUS WHEN YOU DON'T REALLY KNOW WHAT YOU WANT.

Writing down your thoughts, goals, and ideas helps you understand what's going on in your head. As you complete this worksheet, you will discover ONE WORD that you can use to direct your energy and accomplish your goals.

1 List the things you would like to focus on this year. This can be as simple or detailed as you care to make it, but don't overwhelm yourself.

2 What is the theme of your list? The theme does not have to be one word. You could simply describe the common aspects of your list.

3 What are some single words you can use to either describe your theme, or how you could accomplish your goals?

4 Which word feels most motivational? Below, describe why will it help you.

Congratulations, you've done it! You've chosen a word and focus for your year. Now go out there and Build Your Best Life!

180+ WORD OF THE YEAR IDEAS

CAREFULLY CHOSEN TO HELP YOU FOCUS YOUR ACTIONS AND ATTITUDE.

Abundance	Courage	Grounded	Open	Serenity
Accept	Create	Growth	Organize	Shine
Accomplish	Cultivate	Happiness	Overcome	Simplify
Action	Dedicated	Harmony	Passion	Slow
Adventure	Deliberate	Healthy	Patience	Soar
Agility	Determination	Home	Peace	Space
Alignment	Diligence	Honor	Perseverance	Spark
Amaze	Discipline	Hustle	Persist	Spontaneous
Appreciate	Discover	Incomparable	Phenomenal	Steady
Audacious	Efficiency	Independence	Plan	Strength
Audacity	Efficient	Inspiration	Playful	Strive
Authentic	Elevate	Inspired	Positivity	Strong
Awaken	Embrace	Intentional	Possible	Structure
Awesome	Emerge	Joy	Power	Succeed
Balance	Empower	Kindness	Prepared	Surrender
Believe	Engaged	KISS [keep it simple sweetie]	Presence	Temperance
Bloom	Enough	Laughter	Proactive	Tenacious
Blossom	Epic	Leap	Productive	Tenacity
Bold	Essence	Learn	Progress	Thrive
Boundaries	Essential	Less	Prosper	Today
Boundless	Explore	Liberate	Purpose	Transform
Brave	Faith	Light	Quest	Transition
Breathe	Family	Limitless	Radiance	Trust
Brilliance	Fearless	Listen	Receive	Truth
Calm	Fierce	Love	Recover	Unbound
Capable	Finish	Magnetic	Refresh	Uncluttered
Celebrate	Flourish	Maintain	Relationships	Unflappable
Change	Flow	Margins	Relax	Unstoppable
Choose	Focus	Me	Release	Value
Comfort	Forgiveness	Mindful	Relentless	Victorious
Commit	Forward	Minimize	Renew	Victory
Complete	Freedom	Momentum	Resolve	Vision
Confidence	Give	Move	Rest	Welcome
Connection	Glow	Noble	Revive	Wellness
Conquer	Grace	Now	Rise	Wonder
Consistency	Gratitude	Nurture	Routines	Worthy
Contentment	Grit		Self-control	Yes