

Date:

Word:


My Word of The Year

(Pick a word that propels you to become the best version of yourself)

A year from now, looking back on 2021, what would you be most excited about accomplishing? Imagine that you are at the end of 2021 and you are looking back at the year: what is one thing you really want to have accomplished?

What do you need? This isn't about what you want, but rather what you truly need. What areas of your life require the most change and why?

What's in your way? What is preventing you from having what you need and doing what you want?



What needs to go? Often we are held hostage by things that are preventing us from moving forward to a higher level of living, both personally and professionally. These include past mistakes, fear, bitterness, and unwillingness to forgive ourselves or others.

How do you want to show up for the people around you? Who do you want to be when this year is over?

How do you want to FEEL in 2021? Joyful, confident, organized, empowered, content, brave, calm?



What do you need to be reminded of throughout 2021?

This is a good indicator of what a valuable word for you might be. Imagine for a moment that you are five years older and wiser than now. This is your future self coming to give you a piece of important advice. Something you know you need to focus on, but you tend to forget it or downgrade it as not important. What will your future self tell you to remember throughout this new year?

What will your role model tell you to focus on in the new year?

Now close your eyes and think of someone you admire and respect. This can be someone you know; personally, it can be a famous person, a person with whom you admire for their values and it can also be a person who you once knew but are no longer in your life. What advice will that person give you? Imagine that you see that person in front of you.

Finish this sentence: I might have many goals and dreams I like to achieve, but above all the number one most important thing to me is.....



What is your ONE word for 2021?

Once you have answered all the questions the best you can, you will need to narrow it down. Consider what ONE WORD would be the perfect headline for everything you've just written. Chose a word that propels you to become the best version of yourself. Just one word.
