

Word of the Year Worksheet

- Begin writing a list of words that immediately come to mind, don't think about it just start writing words on a piece of paper
- Go to a dictionary source (manual or as I prefer - dictionary.com)
- Write some definitions of the words you've listed
- Go to a thesaurus (I prefer thesaurus.com) and look up synonyms for some of the words that are standing out to you. Maybe you've found a few words that are beginning to resonate with you, but it still doesn't feel like "the RIGHT word" - sometimes a synonym will better capture that resonation.
- Spend a few days thinking about that word or the few words you've narrowed down to on your list.
- Write a few sentences about why that word or those words are jumping off the page at you.
- Think about it, write about it, pray about it.

EXAMPLE:

HEALTH

1. the general condition of the body or mind with reference to soundness and vigor
2. soundness of body or mind; freedom from disease or ailment
 - Synonym
vitality
exuberant physical strength or mental vigor

PROSPERITY

FITNESS

FOCUS

CLARITY

FORGIVING

CREATIVE

SIMPLICITY

ORGANIZED

COMMITMENT

COURAGE

Choose **ONLY ONE WORD!!** It doesn't matter how many awesome words you've narrowed it down to, if you choose more than one word your focus will be splattered and none of the words you've chosen will transform you this year. Trust me - **CHOOSE ONLY ONE WORD!**

The word you choose, whatever word it is, is not microwavable! You cannot pop this word into the microwave, hit a button, hear a ding and instantly live this word! This takes focus, intention, clarity and action.

USING A JOURNAL OR LOOSE PAPER FINISH THE SENTENCES OR ANSWER THE QUESTIONS BELOW:

BECAUSE

I have chosen the word _____ because...

Think about an area of your life where you would like to see change. When you think about this word do you see where it will help you bring the change you're looking for?

BLOCKS

List things you think might block or interfere with you living out this word. List triggers that might interfere with you living this word. When you think about your WHY - "you chose this word because" what triggers might make you want to run away (it's too hard, I'm too old, I'm too young, people will think I'm crazy...)

BIG PICTURE

As you imagine yourself living out this word for a year, what is one goal that you desire to see fulfilled? Any goal - it's YOUR word, YOUR goal, YOUR life.

Will this word TRANSFORM YOU?

Other references for finding your word:

Other resources

<http://christinekane.com/offer/woty-b/>

<http://www.ronadavis.com/personal-word-finder-tool.html>