

# How to Pick your *Word of the Year*

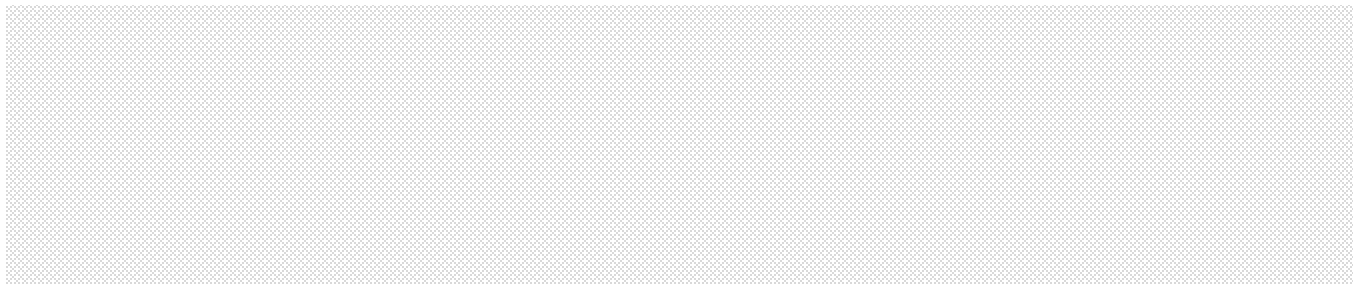
A word of the year is one word that summarizes the intention you would like to have for the new year.

**Let's get started!** Make yourself comfortable in a quiet space. Try to clear your mind of present worries. Pick two or three of the questions below to spend some time with.

*Questions* – pick just two or three:


- What goals have you set for yourself in 2021?
- What attitude do you want to cultivate in yourself?
- What behaviors or skills do you want to refine or grow?
- What do you need in your life right now?
- Where are you at in your personal journey?
- What career aspirations do you have?
- How do you want to feel when the year is done?
- What do you want to have accomplished by the end of the year?

Thoughts on the questions:



## *Common Themes*

Do you notice any common themes in your answers?



## *Your Word*

What word summarizes them in a way that makes sense for you?



If you have to do too much explaining to fit everything into one word, you're overcomplicating it. Sit with the words for a few days and let them roll around in your mind. Then revisit word options.

