

# Word for the year

If you were to think of a word or theme to sum up how you want to feel or what you want to focus on in the year ahead, what would it be?

{check out the 'word for the year' questionnaire}

Some ideas are.....


My word for 2018 is.....

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# Word for the year

1. Write down the word(s) or theme(s) you are thinking could be yours this year.

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2. Why is this word/theme the right one for you this year?

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3. If you lived this everyday, how would things be different?

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4. What has stopped you from living this word/theme before?

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# Word for the year

5. What are some of the daily or regular practices you can introduce to help you start living this word/theme?

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6. List at least 3 goals, based on your theme for this year, that you'd like to accomplish.

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7. If you lived this everyday, how would things be different?

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