

How to Select One Word for 2020

Selecting a Word of the Year (*instead of New Year Resolutions*) just makes sense! It's easy to remember and make it a part of your daily life! One word that is REAL, has PURPOSE and will help YOU have a better year.

Step 1 - Review

What were my successes last year?

- 1 _____
- 2 _____
- 3 _____

Step 2 - future

What does success look like for me this year?

- 1 _____
- 2 _____

What do I want to do more of this year?

- 1 _____
- 2 _____

How do I want to feel this year?

- 1 _____
- 2 _____

Step 3 - Word

Write 10 words that capture your feelings from Steps 1 & 2. Circle words that stand out to you.

TOP 3 WORDS

Choose from the list from Step 3. Then for 2 days, write statements using your top 3 words. See what fits!







MY WORD For 2020

