

# WORD OF THE YEAR

STEP 1: REFLECT ON LAST YEAR

WHAT CHALLENGED ME MOST?

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WHAT BROUGHT ME JOY?

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WHAT DO I WANT MORE OF?

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WHAT DO I WANT LESS OF?

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# WORD OF THE YEAR

## STEP 2: IDENTIFY PRIORITIES

CIRCLE THE AREAS THAT MATTER MOST RIGHT NOW:

PARENTING

HEALTH

SELF-CARE

CAREER

CREATIVITY

RELATIONSHIPS

FAITH/SPIRITUALITY

## STEP 3: BRAINSTORM WORDS

WRITE DOWN ANY WORDS THAT COME TO MIND:

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## STEP 4: NARROW IT DOWN

WHICH WORD FEELS EMPOWERING?

WHICH WORD FITS BOTH MOTHERHOOD AND PERSONAL LIFE?

WHICH WORD EXCITES ME WHEN I SAY IT OUT LOUD?

## STEP 5: DECLARE YOUR WORD

MY WORD OF THE YEAR IS:

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