

WORD OF THE YEAR

STEP 1: REFLECT ON LAST YEAR

WHAT CHALLENGED ME MOST?

WHAT BROUGHT ME JOY?

WHAT DO I WANT MORE OF?

WHAT DO I WANT LESS OF?

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:

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:
