

Find Your Word of the Year

Step 1: Look back on the previous year. What went well? What was wrong with the year? Rate the year on a scale of 1 to 10.

Step 2: List out up to five specific changes you'd like to make in the next year. Make those changes practical and measurable.

1.

2.

3.

4.

5.

Step 3: Look at those five changes you'd like to make over the year. What do they have in common?

Step 4: What's one word that sums up the commonalities in your goals? _____

Congratulations! You have a word of the year!