

Word of the Year

Words matter. What we say to ourselves and others has either a positive or negative impact...let's make sure we use them wisely.

I've been choosing a Word of the Year for a few years now....it keeps me focused on what I desire to do the coming year. Now I choose a word for each quarter to break it down even more because my hope is I've done the work so I can release that word and start a new one, a new action to work on.

I've been thinking about my word for the first quarter and knew it needed to be a bit different....so I got to thinking and figured out it needed to have action to it.

So here's a list of words that are action oriented to get you started.

Go down the list and circle the words that feel good to you, resonate with where you're wanting to go.

Sit with those words for a while and see if one really sticks out to you. If not, go through the list again starring which ones still feel good. Keep narrowing down the list until you get your word.

Remember, you can choose to pick a word for the year, quarterly, monthly, whatever works best for you!

Word of the Year

Calming	Happening	Committing	Connecting
Living	Joy Filled	Giving	Blooming
Courageous	Striving	Breathing	Capturing
Uplifting	Dreaming	Appreciating	Encouraging
Disciplined	Visioning	Progressing	Articulating
Trusting	Cultivating	Devoting	Composing
Focused	Strengthening	Allowing	Ascending
Improving	Waking	Fostering	Contributing
Thriving	Renewing	Flowing	Flying
Trying	Exploring	Learning	Decreasing
Expanding	Creating	Accepting	Easing
Simplifying	Embracing	Grounding	Elevating
Freeing	Flourishing	Laughing	Fulfilling
Growing	Building	Glowing	Balancing
Moving	Celebrating	Delighting	Going
Loving	Leading	Adapting	Healing
Finishing	Contributing	Examining	Indulging
Starting	Journeying	Experimenting	Hoping
Rising	Shining	Emerging	Imaging
Aligning	Representing	Absolving	Listening
Beginning	Relaxing	Living	Believing
Organizing	Being	Allowing	Living
Feeling	Accepting	Acting	Nurturing
Hustling	Forgiving	Belonging	Observing
Wandering	Slaying	Adventuring	Partnering
Challenging	Pausing	Adding	Persisting