Intention Setting
ONE WORD

"Knowing how we want to feel is the most potent form of clarity we can have and generating those feelings is the most powerfully creative thing we can do with our life."

– DANIELLE LAPORTE

1 REFLECT

Reflect on this past year. What did you accomplish? What are you proud of?

When you think about the year ahead, what themes or values do you want to prioritize? What do you want to be reminded of this year?

2 VISUALIZE

What words, sensations, images, feelings or experiences came up for you during the guided meditation?

3 CONTEMPLATE

Circle the words that align with how you want to FEEL for next year. You may add words in the blank spaces provided.

- Align
- Achieve
- Adventure
- Balance
- Be
- Bloom
- Confidence
- Creativity
- Deliberate
- Dream
- Expand
- Embrace
- Empower
- Faith
- Flourish
- Focus
- Fun
- Grace
- Gentle
- Harmony
- Humility
- Intention
- Intimacy
- Joy
- Journey
- Kindness
- Learn
- Mindful
- Movement
- No
- Nurture
- Organize
- Overcome
- Persevere
- Persist
- Positive
- Purpose
- Quiet
- Relax
- Relax
- Respect
- Release
- Self-care
- Serenity
- Simplify
- Thrive
- Trust
- Unique
- Wisdom
- Wonder
- Yes

TIP

Explore synonyms of your word choices. Sometimes a slightly different word can capture the essence of your goals more accurately.

4 REFINE

Narrow down the words you selected in Step 3 to your top three words. Sit with each of the words you circled and see how they *feel*. Close your eyes and mentally say each word. See what you feel in your body. See which words resonate. Then, once you narrow your words down to three, write them in the boxes below.

Mentally repeat the three words you chose above. Repeat the same process and really tap into what you feel when you say the word in your mind.

5 EMBODIMENT

I AM

write your word of the year for _____

TIPS FOR SUCCESS

Stay flexible. Your word may take on different meanings or applications as the year progresses. Stay open and lean into *how* you want to *feel*, not *what* you think the word *means*.

Use your word to guide you. Wear your word of the year bracelet or have your word somewhere you will see it every day. Make it a daily habit to sit with your word and use your word as a compass to guide your decisions.