

Discover Your Word of the Year

Resolutions don't work. You know why? Because they address only one level of your life. The DO level. It's the DO-HAVE-BE model: I will DO this thing (lose weight) ... So that I can HAVE this other thing (self-esteem) and then I can BE this thing (confident).

The average New Year's Resolution doesn't address the CORE of the issue, the "BE" level. A better model is: BE-DO-HAVE

This means you START from the BE level. When you change the BE level of your life, the DO and HAVE levels follow more easily. When you START with the DO level, then all the blocks on the BE level often become obstacles you can't overcome.

Instead of a resolution (or many resolutions), I challenge you to pick just one word that can serve as a touchstone throughout the year. It would be a constant reminder to live life at the BE level.

Look through the list below if you need some guidance. Get quiet over the next few days. And pick a word for the year. Just one word. That's all.

Then answer the following questions in regards to that word to see if it is truly YOU:

Compassion
Delight
Generosity
Effortlessness
Wealth
Gratitude
Abundance
Creativity
Willingness
Change
Growth
Freedom
Mastery
Kindness
Health
Presence
Acceptance
Courage
Confidence
Self-Love
Action
Forgiveness

Forgive
Release
Trust
Knowing
Patience
Friendship
Fun
Grace
Laughter
Love
Expansion
Exploration
Adventure
Openness
Discipline
Awe
Awareness
Risk
Gentleness
Choice
Spirit
Prayerfulness

Power
Allow
Artfulness
Attention
Beauty
Joy
Focus
Ritual
Heal
Order
Clarity
Pioneer
Peace
Laziness
No
Yes
Deliberateness
Commitment
Savor
Integrity
Listen

Discover Your Word of the Year

1) Write the word (or words) you are choosing for the coming year:

2) Why is this the perfect word for you this year?

3) If you embraced and lived this word daily, what would be different for you?

4) In what ways do you already live/embody this word?

5) In what ways do you not live/embody this word?

6) If you were to live this word daily throughout the year, how would your life be different one year from today? What would you have created or attracted? How would you feel?
