

# 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 issue's CORE, the "BE" level. A better model is: BE-DO-HAVE: I will BE this thing now (my goal weight) ... By DOING this thing now (change my eating habits) ... So that I can HAVE these other things (all the things a fit body can desire).

When you START with the DO level, then all the blocks on the BE level often become obstacles you can't overcome. 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.

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

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

After choosing your word, answer the questions provided to see if it truly fits this year's BE level of 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?

---

---

---