

# ONE WORD INTENTION WORKSHEET



1. REFLECT ON 10 WORDS FOR YOUR NEW YEAR'S ONE-WORD. USE THE SPACE BELOW TO WRITE THEM OUT.

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

2. AFTER WRITING TAKE SOME MOMENTS FOR REFLECTION. WRITE THE TOP THREE WORDS HERE WITH EXPLANATIONS OF WHY EACH ONE IS ABSOLUTELY SPOT ON, PERFECT FOR YOUR THIS YEAR. CIRCLE YOUR ONE WORD.



3. IF YOU LIVED INTO THIS ONE WORD, THIS YEAR, FULLY EMBODYING IT, HOW WOULD YOUR AND YOUR LIFE BE DIFFERENT?

4. HEADLINES FROM THE FUTURE: WHAT WILL YOU HAVE CREATED OR DONE OR BECOME BY THIS TIME NEXT YEAR?

5. WHAT DO YOU NEED TO KEEP AN EYE ON THAT MAY TAKE YOU OFF COURSE? LIST ATTITUDES, BEHAVIORS AND CONDITIONED TENDENCIES.



6. WHAT PRACTICES WILL YOU COMMIT TO ENGAGING IN THIS YEAR THAT WILL SUPPORT YOU IN LIVING INTO YOUR ONE WORD INTENTION (BE SPECIFIC HERE).



7. HOW WILL YOU KNOW YOU'VE FULLY EMBRACED YOUR ONE WORD? (PAINT A PICTURE HERE WITH ALL THE DETAILS & COLOR YOU LIKE!)

WHAT WILL LIFE LOOK LIKE? WHERE WILL YOU BE? WHAT WILL YOU BE DOING? WHO WILL YOU BE WITH? HOW WILL YOU BE FEELING?

8. WHO WILL YOU CELEBRATE WITH ON LIVING INTO YOUR ONE WORD?