The *One Word* Selection Guide

by
Linda Matthews
www.CreativeArtnSoul.com

Introduction

Here we sit at the start of another New Year. 365 blank days staring us in the face waiting to be written. What story will those 365 days tell at the end of this year?

Are you tired of making new year's resolutions that fall by the wayside after only a few weeks or months leaving you feeling guilty for your inability to follow through, or simply uninspired by the whole process?

Or perhaps you simply need direction and focus for the coming year but are overwhelmed by the obstacles and choices that you need to make for such a long term commitment.

Take a bold step outside your comfort zone and introduce the simple method of using one inspiring word as a guide and focus for the whole year.

Using one word frees you from the restrictions of having to live up to impossible expectations defined by rigid rules, and instead introduces a kinder, and more flexible and intuitive approach to envisioning an amazing year or beyond.

Use this guide to help clarify, define and select a word that is perfect for you and how you envision your coming year.

"Though no one can go back and make a brand new start,
anyone can start from now and make a brand new ending."
Carl Bard

1. Clarify your vision

The first step to finding your word is to get clear about what you want.

Make a list of all the changes that you would like to happen in your life during the coming year. These could be new habits you want to develop or old habits you want to get rid of. You may want something specific like a new car or a vacation. Or you may want to improve your health. There is no right or wrong answer here, nor is there any dream too small or large. List them all.

2. Define Your Vision

Now that you're clear about what changes you want to happen, define how they will impact you. How do you imagine your life to look one year from now?

How will these changes make you feel?

What stops you from making these changes now?

What steps can you take to support the changes that you want to make?

3. Choose Your Word

Now that you are clear about the changes that you want to make and have defined how they will impact your life, it's time to choose your word.

You may already know the word that captures the essence of how you envision your coming year. It may have come to you as you worked through the guide. If not, look over what you have written down. Is there a common theme? What one word sums up the changes you want to make in your life. If you're still not sure about your word, make a list of possible words. If you need some inspiration, use the list of words located on the back page of this guide.

List your words and if you still feel stuck leave them for a few days or even a week then come back and review. Your word will make itself known to you.