

DIY “WORD OF THE YEAR” WORKSHEET

Every year I ask my clients to choose a word for the year. This “word” exercise is to help them develop a sense of direction and in a sense, is a “word to live by”. This year I was having a tough time with my own word. So, I started digging deeper into the words, and what came out of the 5 random words that popped into my head was a better understanding of the word and how it aligned with my goals! I then created this worksheet to help you do the same! Good luck, and as always, let me know if you need help!

STEP #1

WRITE DOWN 5 WORDS THAT POP INTO YOUR MIND!

i.e. BOLD, CHANCES, RECOGNIZE, GROW, WHACKY

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

STEP #2

What do they mean (to you)?

Fearless, adventurous, standing out, etc.

STEP #3 – Fill in the blanks using the 5 words

i.e. To be BOLD I will TAKE CHANCES and from it I will GROW!

To be _____ I will _____ and from it I will _____

To be _____ I will _____ and from it I will _____

To be _____ I will _____ and from it I will _____

To be _____ I will _____ and from it I will _____

To be _____ I will _____ and from it I will _____

Review your words. Which one resonates with you the most? This is YOUR word!

STEP #4: MY WORD IS: _____ (BOLD)

STEP #5: What Do I need to BE(come) it?

i.e. Time, money, confidence, connections. What excuses will I eliminate to BECOME / LIVE-BY / ACHIEVE my “word”?

I NEED:	WHERE/HOW WILL I GET THIS?
1. _____	_____
2. _____	_____
3. _____	_____

Monthly/Quarterly when you check the progress on your GOALS, see how your WORD is aligned with them. How it’s helping you stay FOCUSED on your goals, and how your goals are helping you BECOME and stay true to your WORD.

Sandi Ballard, Motivator. Taskmaster. Connector...COACH!