

## Word of the Year

1. Reflect – Start with reflecting on why you are picking a word of the year. Answer the questions to get an idea of what word you are wanting to focus on for the year. You can take notes in the blank area.
2. Brainstorm – Start listing out words based on what you reflected on. Fill up the blank space. Remember that negative words can also be inspirational. Thinking about
3. Narrow it down – Look over your brainstorming list. Look for commonalities and narrow it down to your top 3 or less choices.
4. The Important Question – Look at the words you narrowed down to, then see if it one you can focus on for a year. You want to make sure you are interested enough in a word that you can meditate on it for a year.
5. Response – Decide on your word of the year, then jot down some ways you want to focus on the word during the year.

## For Families

If you want to pick a word of the year for your family go through the same steps, but as a family. When reflecting and answering the important question make sure the entire family is part of the conversation. Let the word be something you can talk about as a family, especially throughout the year.