



word of the year

Every year, I pick a word of the year to guide me through the next 12 months – a sort of mantra that helps remind me how I want to show up in the year, that I turn to whenever making any decisions. These questions help me determine my year – I hope they help you, too.

1. What potential words appeal to you?

Think about words that encompass what you hope for yourself for the coming year and write them down here. If you're having trouble coming up with specific words, take a look at the questions on the **Make Light Manifesto Worksheet** (available here: <http://www.chookooloonks.com/make-light-worksheets>), and see if your answers help you hone in on about 4 or 5.

2. Sit with your words above, and narrow your choices to your top 2 or 3.

Which ones feel the best? Once you have 2 or 3 choices, look up your words in a thesaurus (thesaurus.com is a good resource), and also write down synonyms of your 2 or 3 words here. **Then take a break – shower, have a cup of tea, spend sometime with a loved one.**



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- 3. Back from your break? Take a look at your 2-3 words and their synonyms, and pick a single word (whether it's one of your original words, or a synonym that resonates more) that encompasses what you hope for yourself for the coming year, and write it down, below.**

Then look up all the definitions of your word in the dictionary – you might be surprised at how some meanings you hadn't considered ring true for you!

- 4. Take a moment and jot down your thoughts about your word of the year.**

Why does this word feel right for you? What definitions feel the most accurate? Why are you wishing this goodness for yourself this year?



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5. Bonus activity: write your word on a PostIt Note or a piece of paper, and stick it somewhere where you'll see it every day.

Put it on your bulletin board in front of your workspace, or your bathroom mirror. As you go through your year, call it to mind when making decisions, to help guide yourself to the right conclusions for you.