

Word of the Year Planner

Focuses for the year ahead:

WHAT ARE YOUR FOCUSES FOR THE YEAR AHEAD?

Goals for next year:

Personal:

Professional:

Other:

Qualities to Embrace:

Qualities to Add/Change:

This past year

Feelings:

Stop:

Start:

Continue:

Big Long-Term Goals

1.

2.

Emerging Themes:

Word of the Year Planner-outline companion

Focuses for the year ahead:

WHAT ARE YOUR FOCUSES FOR THE YEAR AHEAD?

EXAMPLES: *FAMILY TIME

*TRAVEL

*BUILD/EXPAND A BUSINESS

*ALLOW THE UNIVERSE TO GUIDE ME

Goals for next year:

Personal:

SPECIFIC PERSONAL GOALS

Professional:

SPECIFIC PROFESSIONAL GOALS

Other:

OTHER GOALS FOR THE YEAR

Qualities to Embrace:

PERSONAL QUALITIES TO EMBRACE/CHANGE/ADD TO HELP WITH YOUR GOALS/FOCUS OF THE YEAR

Qualities to Add/Change:

This past year

Feelings: REFLECT ON THIS PAST YEAR. HOW DO YOU FEEL ABOUT IT OVERALL? WHAT WAS GOOD, WHAT WAS BAD? KEEP THIS ABOUT THINGS YOU CAN CONTROL.

Stop:

Start:

Continue:

WHAT ACTIONS, ACTIVITIES, BEHAVIORS DO YOU WANT TO START/STOP/CONTINUE IN THIS COMING YEAR?

Big Long-Term Goals

1.

LONG TERM GOAL #1
AND FIRST STEPS TO ACHIEVE THIS GOAL
THAT YOU CAN FOCUS ON THIS YEAR

2.

LONG TERM GOAL #2
AND FIRST STEPS TO ACHIEVE THIS GOAL
THAT YOU CAN FOCUS ON THIS YEAR

Emerging Themes:

EMERGING THEMES THROUGHOUT THIS EXERCISE THAT CONNECT YOUR PLANS AND GOALS.
SIMILAR, CONNECTED OR COMPLIMENTARY THEMES COMING FORTH IN YOUR PERSONAL DISCOVERY

Word of the Year Planner - Word Brainstorm

BRAVE	GOAL	OUTCOME	FORTITUDE
VISION	GRATITUDE	LONG TERM	LOVE MYSELF
RISE	BLOOM	MINDSET	HAPPINESS
COMMUNITY	STRIVE	EDGE	FINISH
INSPIRE	CULTIVATE	CONTENT	DISCOVER
FOCUS	COURAGE	PERSONAL	FIRE
PLAN	STRONG	EXPAND	INDEPENDENCE
GROW	GRACE	CONSIDERATION	VALUE
BELIEVE	ALLOW	OPTIMISM	LEGACY
INTENTIONAL	DETERMINED	DESIRE	COMPLETE
FLOURISH	MOVE FORWARD	FAMILY FIRST	ORGANIZE
BALANCE	PROPEL	MANAGE	GROUNDED
SIMPLIFY	PURPOSE	TRUST	INTENSE
LIVE	CONFIDENCE	INTUITION	YES
ENERGY	PRODUCTIVE	APPRECIATE	RESULTS
RESILIENT	EXCELLENCE	FUTURE	CONNECTION
CHANGE	UNCOMFORTABLE	WAIT	WONDER
TODAY	STRATEGIC	SPACE	DO
NOW	FREEDOM	TRAVEL	LEARN
ABUNDANCE	MORE	MINDFUL	CHANGE
FLOW	LESS	IN THE MOMENT	NO LIMITS
CONNECT	DISCIPLINE	WELLNESS	EXPERIENCE
EMPOWER	FRUITION	INWARD	SIMPLICITY
EXPLORE	IMPROVEMENT	OUTWARD	DREAM
ADAPT	CHARITABLE	MARINATE	DECIDE
PATIENCE	RENEW	CONSIDER	CULTIVATE
FEARLESS	RECOVER	EXPRESS	PHOENIX
NO EXCUSES	INTENT	ASSESS	ACT
WARRIOR	CLARITY	QUIET	IMPLEMENT
PERSIST	COMMIT	COMMUNICATE	FORWARD
LOVE	BETTER	COMPEL	SOCIAL
PROGRESS	PERSISTENCE	DEFINE	UNDERSTANDING
RELEASE	CENTERED	ENTHUSIASM	MOLD
EASE	FIERCE	MANIFEST	INTEGRATE
RENEW	TENACITY	CREATE	LEAD
CONSISTENCY	SEEK	BECOME	FEEL
BREATHE	LEADERSHIP	REMEMBER	THINK
JOY	GENUINE	HEALTH	MOTIVATE