

Choosing
Your
Word
for 2019

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Choosing Your Word

Spend some time imaging what you want your life to like in 2019. What kind of person do you really want to be at the end of the year? What areas of your life do you want to improve?

What do I want to feel this year?

What changes do I want to make?

What new experiences do I want to try?

Why do I want these things in my life?

How can I make them happen?

Possible Word: _____

Definition

Synonyms (thesaurus)

Why would this word be a good choice to guide me through the next year?

How can this word help shape my year in the direction I want to go next year?

Inspirational Quote

Possible Words

If you're still not sure what your word is going to be, there are a number of ways to find it. You can get inspiration from words in your favorite quotes or a book you've read that has affected you. You should also start paying attention to everything that's been happening around you. I believe that you will find little hints everywhere guiding you towards the word that is right for you.

Here's a short list of possible words to help you choose. (*My current and past words are in bold type*)

Open	Listen	Passion	Wisdom	Brave
Connect	Grace	Restore	Lush	Focus
Faith	Compassion	Smile	Awareness	Strong
Goddess	Delight	Fun	Vision	Contentment
Soar	Friendship	Expand	Integrity	Knowledge
Kindness	Action	No	Create	Health
Divine	Change	Power	Acceptance	Wild
Adore	Happy	Courage	Service	Becoming
Patience	Confidence	Soul	Gratitude	Forgive
Hygge	Light	New	Release	Peace
Shine	Thrive	Align	Trust	Begin
Mindful	Yes	Joy	Freedom	Transformation
Simple	Growth	Choice	Organize	Energy
Wealth	Heal	Minimize	Forgive	Heart
Real	Self-Aware	Explore	Love	Inspire
Now	Seek	Together	Wonder	Stories
Spirit	Believe	Love	Inspire	Safe
Art	Calm	Laughter	Worth	Strength
Nurture	Invent	Gentleness	Magic	Travel
Grow	Brilliance	Home	Dream	Truth
Dynamic	Bold	Today	Abundance	Balance
Better	Breathe	Cultivate	Fearless	Serenity
Possibilities	Habit	Family	Bond	Lens