



HAPPY NEW YEAR

Several years ago, I decided to ditch New Years resolutions and started choosing a word of the year or guiding word.

A few steps to help you find your word if you don't already have one chosen.

1. Reflect on this last year and think about what you want less of? More of? How do you want to feel?
2. Create a list of words that come to mind.
3. Narrow down the list to a few words.
4. Try the words on and see what feels right.
5. What word do you feel committed to? That's your word!