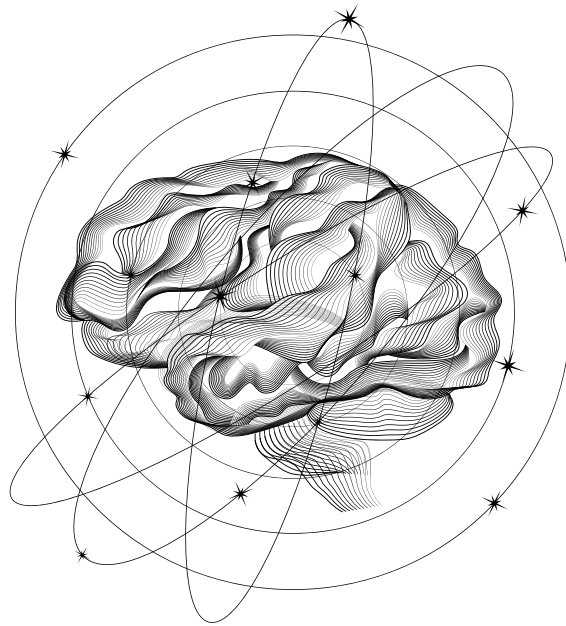




# WORD OF THE YEAR

YOUR COMPLETE GUIDE TO THRIVING  
WITH YOUR WORD OF THE YEAR





It can be challenging to focus on your goals when you feel like you're constantly being pulled in a million different directions.

You want to make this year count, but it feels impossible with so much going on. How are you supposed to pick just one goal when everything seems important?

A word of the year is a great way to simplify things and clarify what's most important to you. When you have a word to focus on, it's easier to say no to distractions and stay focused on what matters.

It's a simple process:

Step 1. Read the questions in this guide and fill in the answers.

Step 2. Pick a word that works with your goals and vision for this year.

Step 3. Start thriving in 2024 with your word as your guide.

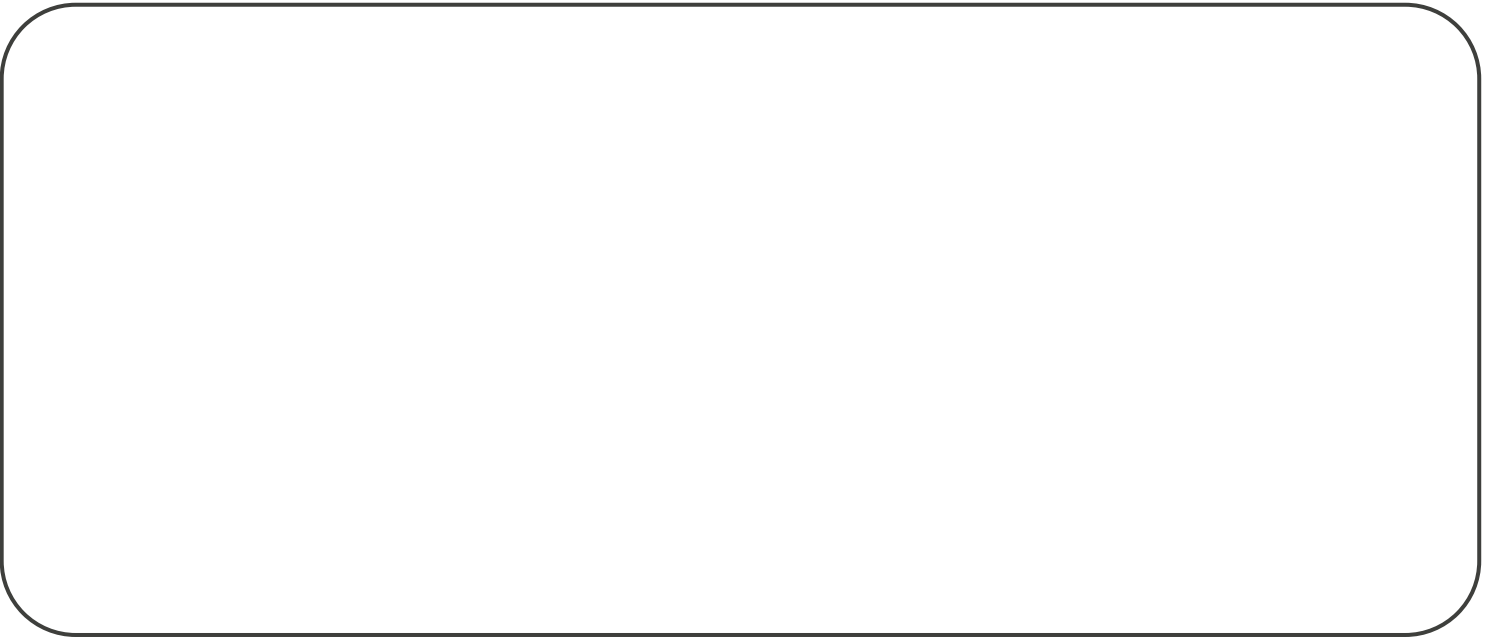
Here's to a new year of growth, intentionality, and plan to get you where you want to go.

To your success,

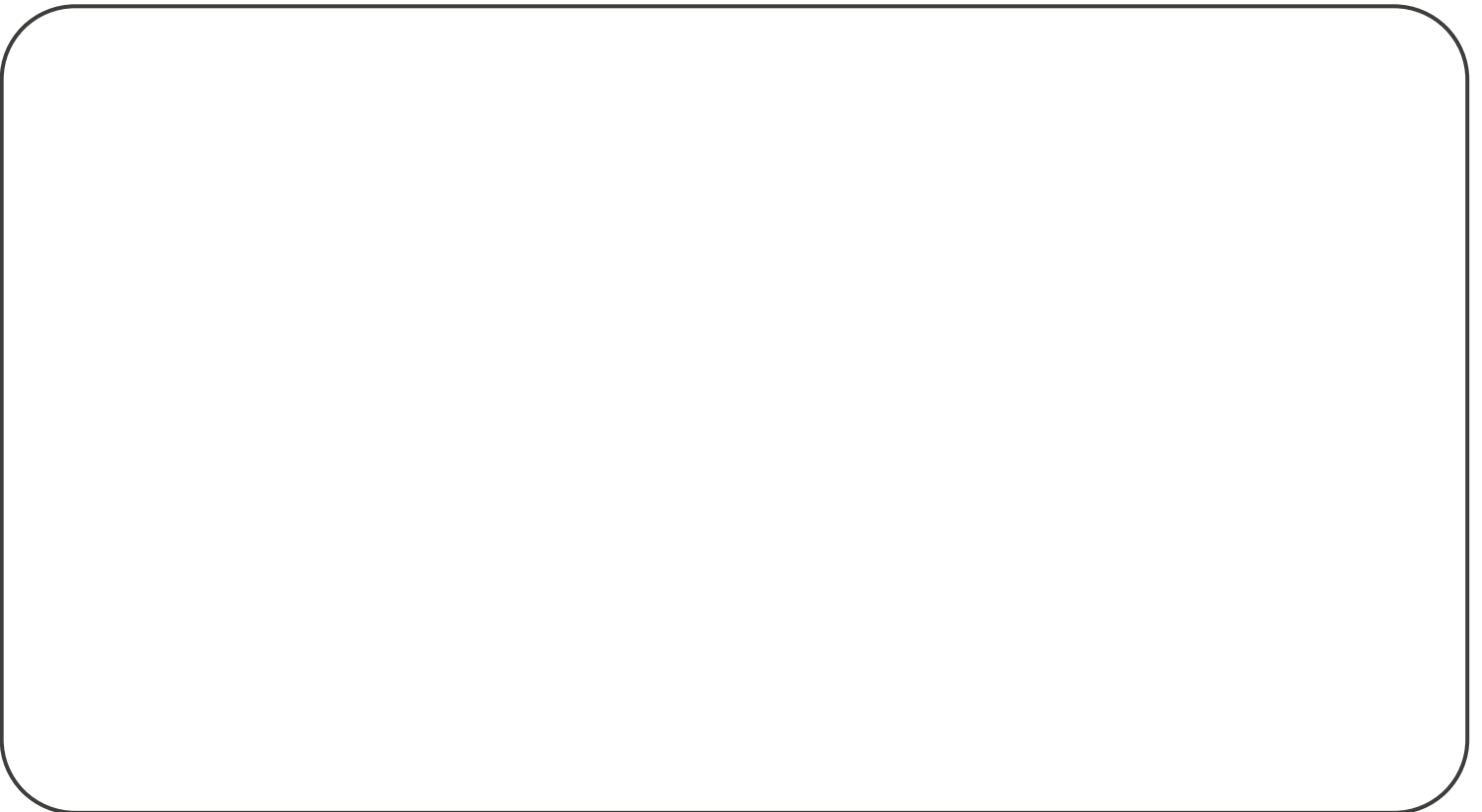
*Justin Morgan*

## STEP 1 Visualize

How would you spend each day if you had no responsibilities and could do anything? Who would you spend it with? What would you accomplish? What difference in the world would you like to make?

A large, empty rounded rectangular box with a thin black border, intended for the user to write their response to the first question.

What do you want to achieve this year? How do you want to feel?

A large, empty rounded rectangular box with a thin black border, intended for the user to write their response to the second question.

# STEP 2 Reflect

Think about the different parts of your life. What do you like about them, what do you need to improve, and what do you want to get rid of this year?

This rating system will help you understand what you are good at and what you need to work on. It will also help you discover what makes you happy and what you should keep doing. The rating system will also help you know when to ask for help from other people.

## FIND YOUR BALANCE

What areas in your life do you need to improve?

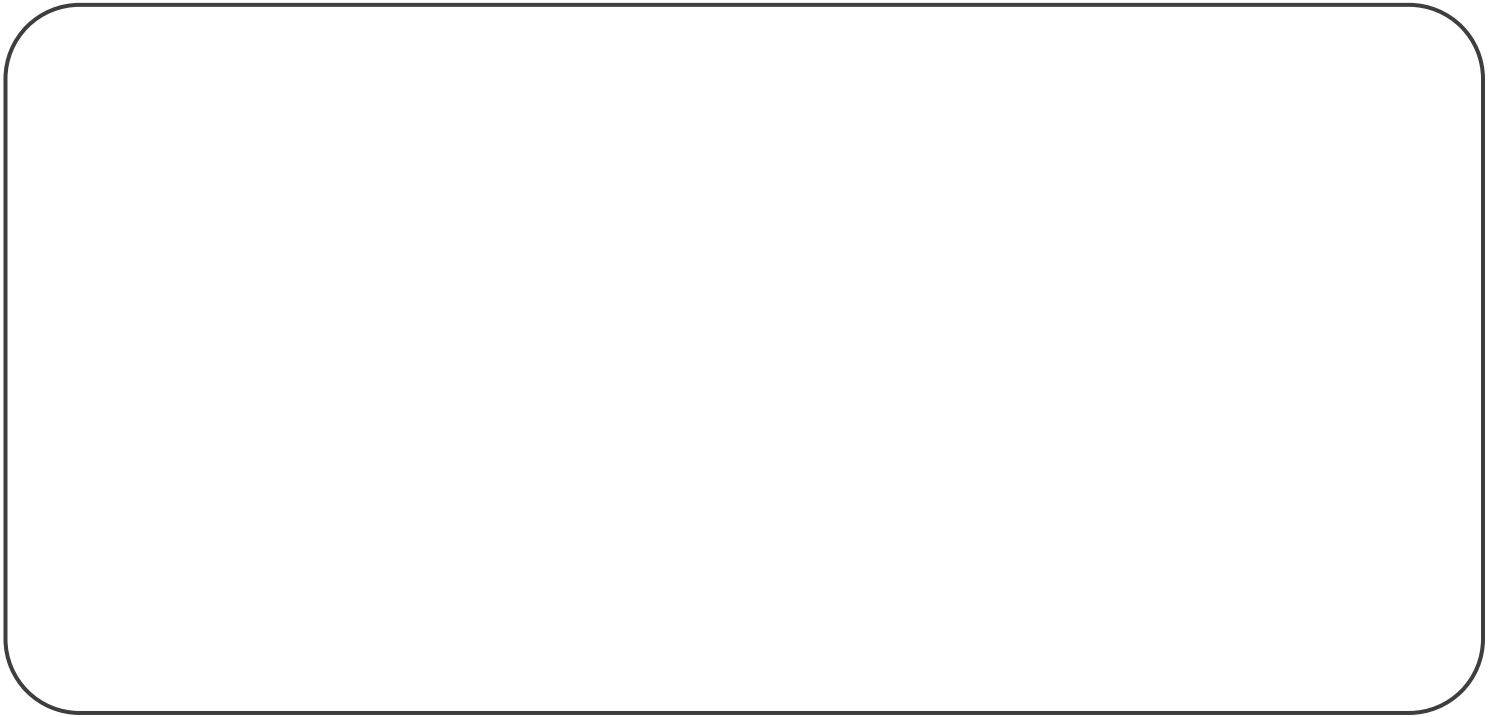
What things in your life are going well?

The number 1 means that there is room for improvement, and the number 10 means that this area of your life is going great.

HOME	1	2	3	4	5	6	7	8	9	10
FAMILY	1	2	3	4	5	6	7	8	9	10
RELATIONSHIPS	1	2	3	4	5	6	7	8	9	10
FRIENDSHIPS	1	2	3	4	5	6	7	8	9	10
HEALTH	1	2	3	4	5	6	7	8	9	10
PERSONAL DEVELOPMENT	1	2	3	4	5	6	7	8	9	10
EMOTIONS	1	2	3	4	5	6	7	8	9	10
MENTAL HEALTH	1	2	3	4	5	6	7	8	9	10
CAREER	1	2	3	4	5	6	7	8	9	10
EDUCATION	1	2	3	4	5	6	7	8	9	10
FINANCES	1	2	3	4	5	6	7	8	9	10
PASSIONS	1	2	3	4	5	6	7	8	9	10
ADVENTURE	1	2	3	4	5	6	7	8	9	10



Think about something in your life that you want to improve. What can you do to make it better? Do you need any tools, changes, or support?



There is some part of your life that you don't like. Why don't you enjoy that area? What can you do to change it? What would need to happen for you to enjoy it more?



# STEP 3 Inspiration

Use the blank space on this page to start writing any words in your heart and mind that stand out to you.

You can use the list below to help you come up with ideas.

ABUNDANCE	COMPASSION	PATIENCE	ADENTURE	STRENTGH	RESPECT
WEALTH	ACCEPTANCE	TRUST	KNOWN	FOCUS	BEAUTY
JOY	ACTION	FAMILY	COMMUNITY	GENEROSITY	DISCIPLINE
PROGRESS	REDUCE	TOGETHER	AWAKE	OPEN	LAUGHTER
CREATE	EXPLORATION	FORGIVENESS	INVEST	CONFIDENT	FUN
VISION	SIMPLIFY	FREINDSHIP	POWER	LISTEN	COMMIT
LOVE	POSSIBILITY	SHINE	FREE	LISTEN	GRACE
KINDNESS	RELENTLESS	PEACE	SELF-CARE	THRIVE	CHANGE
LEAD	INTEGRITY	RESOLVE	SOAR	COURAGE	CLARITY
HEAL	RISE	CALM	STRENGTH	DREAM	FORWARD
PRESENT	CREATE	MUSIC	GROWTH	ADVENTURE	SLOW
FOCUS	ALIVE	SERVE	LET GO	CONFIDENCE	MISSION

## STEP 4 Clarity

What are the top three words that stand out to you?

Why do these words stand out?

How do you have these things in your life already? How are you missing these things in your life?

Now, take a minute to think about what you want to happen this year.

Write down the word you feel is what you need to help guide your decisions this year.

**MY WORD OF THE YEAR**