

Word of the Year Tool

YAY you! Claiming a word of the year means that you are taking charge and creating a vision for your future. An empowering word can serve as reminder to keep you and your choices aligned with your goals and dreams.

1. List words that please you in some way. Don't over think it at first. Write down as many as you want.

Here are a number of words and potential meanings to help get you started in determining what certain words may mean for you.

1. **LOVE/LOVED**- loving and accepting yourself OR loving outside of yourself - loving others/your environment OR to have the love of another, romantically or otherwise. For you to feel more love and appreciation as is, no longer feeling love must be earned or you must prove yourself. The words **ADMIRED, ADORED, SEEN, UNDERSTOOD** or **CHERISHED** may also be used here.
2. **JOY**- feeling joyful each day, finding joy in as many moments as possible, striving to be a joyful contributor to the world. **HAPPY, CHEERFUL, or SHINE** may also be used.
3. **PLAY**- carving out time to play, to connect with your inner child. Focusing more on play than work or enjoying the work you do as if it were play. **PLAYFUL** or **FUN** may also be used.
4. **CREATE**- exploring your creativity, to learn new things to create or being creative with OR being heart-centered in creating your life.
5. **EXPRESS**- expressing yourself with freedom and authenticity (in various manners--how you communicate with the world in written or spoken word, art, fashion, etc). Self-expression without regards to other's opinions. **TRUE** or **FREE** may also be used.
6. **EXPAND**- allowing yourself to try new things, accept new thoughts OR to expand in love, life, creativity, etc. **OPEN, GROW, CHANGE, BLOSSOM** or **BLOOM** may also be used.
7. **TRUST**- trusting another in a relationship OR trusting yourself and/or your skills/gift to achieve your dreams OR trust the journey, trust

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the unknown, trust in a higher spirit/God/the universe/a divine plan. FAITH or BELIEVE may also be used.

8. RECEIVE- receiving the resources you need to accomplish the things you desire, allowing yourself to receive the blessings of the world or gifts from others with joy instead of guilt or feeling of unworthiness.

9. CLARITY- having clarity about your desires, making clear decisions.

10. COMMIT- committing to a decision, a path, or a new role and seeing it through. OR committing yourself to another. ADVANCE, PROCEED, or PROMISE, or ALL-IN may also be used.

11. ENDURANCE- having the stamina to endure the pursuit of your dreams come what may OR to endure and soldier on with the current circumstance until triumphant. BRAVE, COURAGE, or STRENGTH may also be used.

12. BEAUTY- seeking beauty in the world, in nature, in others and yourself. LOVELY or BEAUTIFUL may also be used.

13. RELEASE- releasing limited thinking, fear, past mistakes, old thoughts, hurt feelings, childhood pain. HEALING or SURRENDER may also be used.

14. SATISFIED- feeling satisfied in a relationship or work setting, satisfied as in a sense of completion toward a goal, or satisfied in each day's accomplishments. BLESSED, SUCCESS, or FULFILLMENT may be used.

15. ABUNDANCE- having an abundance mindset, attracting and experiencing an abundance of wealth, health, love, and/or joy as your reality. PROSPERITY or WEALTH may be used.

16. HOME- feeling safe, secure, accepted in your own skin or environment. OR literally having a home, creating a pleasing shelter. HAVEN or BELONG may also be used.

17. CONNECTED- feeling connected to nature, to friends/loved ones, to your highest good, or to Spirit.

18. BALANCE- feeling balanced physically, emotionally, spiritually, mentally, achieving a work-leisure or rest-awake balance, balancing all of your roles. CENTERED or POISE or EQUIPOISE may also be used.

2. Write down three words that move you or inspire you or make your heart happy. Explain why.

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3. Pick one thing you want to have happened within a year's time. One thing. The one thing you want to happen the most. The one thing that your heart yearns for:

4. Give some thought to the words you like in relation to your stated goal/desire. Which word will serve as a beacon to light the way toward that dream? Write down which word empowers you the most right now? _____

5. My word for 2012 is _____.

6. How will your word help you in 2012?

May the power of your selected word and the gifts only you hold direct you in the coming year to be your best one yet!

Visit my shop <http://www.traceyleeduncan.com/products-page/> to purchase your word in a painting or piece of jewelry so that it may serve as a reminder of your dream(s) + offer good juju. You can also email me to order a custom piece of jewelry or a personalized painting at traceyleeduncan@yahoo.com.

YAY!