

PATH TO PURPOSE

MY ONE WORD

There's nothing magical about coming up with a "word" for the year or for a season, but it is kind of fun and could serve as a quick and easy reminder of some of your priorities and goals.

Here are a few tips on coming up with your word or phrase...

Brainstorm

Looking over your goals for the year and your "first things," start writing down some words that reflect what you hope to accomplish. Think of words that describe the process, the end state, the achieved goal. The following pages have some blank space to start brainstorming.

Don't worry if they are silly, just keep writing. Often one word you would never pick will lead to another word that is perfect. Give yourself a good list to choose from. Pray about the word God may be leading you toward.

On the top of the next page are some word ideas if you are feeling stuck.

Look for Themes

Look over your goals and your ONE WORD brainstorm list. Highlight or star those that really speak to you. Lump like words together.

Do you notice any themes? If so, these may inspire some additional words to add to your brainstorm list.

Pick your Word

From your brainstorm list, circle those that are your top choices. Step away for an hour or so and then come back to the circled list. One should emerge that is your perfect word for the year.

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ONE WORD IDEAS

Following are some ideas to get you thinking about your one word for the season. Circle some that stand out to you as possibilities.

Connection, believe, transformation, focus, be still, renew, courage, joy, excitement, adventure, love, learning, engagement, joy, bold, discipline, freedom, move, complete, peace, fit, purpose, grow, patience, surrender, delight, slow, sparkle, balance, unafraid, enjoy, present, action, purpose, create, different, adapt, commit, ignite, discipline, reduce, open, awake, determined, organize, breathe, celebrate, fearless, believe, forward, write, momentum, grace, pause, sacrifice, health, no, possibility, finish, dare, unstoppable, embrace, confidence, restart, risk, focus, progress, slow, resolve, Selah, persistence, choose, trust, imagine, change, appreciate, soar, strength, now, mindfulness, invest, be, new, start, transition, fierce, diligence, curious, brave, release, silence, empower, listen, rebuilding, battle, generous, reflection, together, intentional, opportunity, discover, shine, stewardship, push, optimism, prayer, now, my time, transform, Jesus, dream, healing, health, fitness, family, whole, perfection, holiness, grace, fearless, flexible, content, adventure, create, revel, integrity, relentless, fortitude, live, confidence, slow, uplift, perspective, more, relax, thrive, simplify, truth, ambition, direction, minimize.

PATH TO PURPOSE

MY ONE WORD BRAINSTORM

This is your white space! Begin brainstorming words the Holy Spirit is leading you toward. Fill it with ideas!

A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for the user to write down words or ideas related to their purpose.

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MY ONE WORD BRAINSTORM

Pull out some of the words that resonate most from your brainstorm.

My word for the year:

Reasons:
