

Word of the Year

EXERCISE:



Design. Shoot. Build.

How to find your Word

Here are 5 simple steps to help you find your Word of the Year

1. *Ask*

What do you want? Ask yourself or even God for a word which will inspire and ground you for the year ahead. Do you have any words already in mind?

2. *Brainstorm*

Research, Visualize Write down words, Use a Dictionary, Thesaurus, etc.

Write words and the definitions of the word. Look up the words in a thesaurus and find more words. After a little while, you'll hit on the exact word. You'll know it, when you "hear" it.

3. *Chill*

Marinate on your ideas.

Listen for your word.

4. *Capitalize*

When you have your Word of the Year, believe you are going to use it.

A first step toward capitalizing on your word is sharing it with a friend.

Tell them your word, and even share what you hope to receive from it.

5. *Do Something*

Take action. Get off the couch!

The key to your Word of the Year success is being intentional.

Throughout the year, journal, draw, paint, pray, meditate, read, build stuff, watch - anything which takes you closer to your Word. Your word should speak to your heart in these activities and more. Do a search on your favorite music site to see if any cool songs come up with your word as the title. If you're into it, google how your word shows up in the bible.

• Use the "grid" on the back of this page as a thought starter to write words and brainstorm your word ideas.

