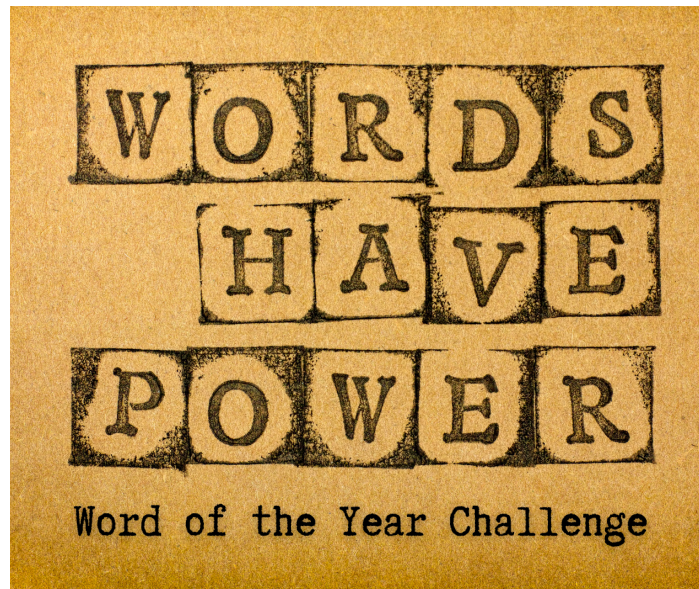


WORDS  
HAVE  
POWER

Word of the Year Challenge





**This is the best challenge, because whatever you choose, you are choosing the power to frame 2024 on your terms. Here's what to do:**

**Start broad.** Set a timer for 5 minutes and write down all the words you can think of that you *want* to describe you. The key here is to quiet the part of your brain that is going to think of all the ways you don't live up to the words. Tell that part of your brain "Thank you for reminding me that I have work to do. Now shush, and let me get to it!"

If you have a hard time getting going, don't worry! Eventually your brain will get tired of being bored, and get down to work. If the timer rings and you aren't done, keep going! Don't let arbitrary rules get in your way!

**Top 12.** Now, from your list, circle the twelve that are your highest priorities for the year. Why 12? There are twelve months in the year, so if you wanted to, you could focus on each word for a whole month!

**Pick "The One."** Now is the hard part! From your top 12 list, pick the one word that you want to work on most in 2024. This word can remain your secret, so don't worry about anything other than picking the word that most speaks to you as a goal.

**Next Steps.** Finally, spend 5 minutes thinking of 3 things you can do *in January* to help you live your word, *and a reminder system*. All the goals in the world don't help unless you act, so find a way of reminding yourself to take these first steps, whether that is a note on your bathroom mirror, a virtual alarm, or whatever works for you!