

**WORD
OF THE
YEAR
2022**



BRAINSTORM YOUR GOALS 2022

Take a moment to brainstorm some goals for the year. You can have as many (or few!) as you like.

IN MY RELATIONSHIPS I WANT TO

FOR MY FINANCES I WANT TO

IN MY CAREER I WANT TO

FOR OTHERS I WANT TO

FOR MY HEALTH I WANT TO

FOR _____ I WANT TO

CHOOSE YOUR MAIN GOALS

One way to get closer to achieving your goals is to break them up into actions and projects. I've found that the more specific I am about what's involved in the goals I want to tackle, the more likely I am to be able to do them. Tangible and achievable actions are key! So choose your main goals, and then break them down into action steps to help you get started.

1ST MAIN GOAL _____

Action steps _____

2ND MAIN GOAL _____

Action steps _____

3RD MAIN GOAL _____

Action steps _____

4TH MAIN GOAL _____

Action steps _____

5TH MAIN GOAL _____

Action steps _____

WORD OF THE YEAR 2022

Five years ago I started choosing a word to guide each year, and I have found it to be such a useful tool.

Choosing a word of the year helps to:

- Focus your thinking for the whole year,
- Unify your goals to make them more approachable,
- Allow for the evolution of your goals over the course of the year,
- Give you an easy way to check in on your goals, and
- Make your yearly review simple.

Not only is the focus word itself useful for guiding you through the year, but the process you go through to come to your focus word can help you define what success and happiness looks like for you.

EXAMPLES OF FOCUS WORDS

. BEGIN - GROW - EVOLVE - CHANGE - EXPAND - EDUCATE

. EXPLORE - INVEST - REVIVE - RELEASE - ORGANISE

. TRUST - LIGHTEN - HOPE - HARNESS - NURTURE - TRY

. BALANCE - GRATITUDE - UNDERSTAND - LET GO

. THOUGHTFUL - HEALTH - HAPPINESS - GIVE - RECEIVE

THESE ARE SOME WORDS THAT RESONATE WITH ME & REFLECT MY GOALS

MY WORD OF THE YEAR IS

SPECIFICALLY MY FOCUS WORD RELATES TO
