

Finding Your One Word

By Kris Heap

One Word

A New Approach to New Year's Resolutions

Did you know that 50% of resolution-makers fail by the end of January? And 9 out of 10 quit by March!

The biggest problem that most people encounter is that they set too many resolutions. When their focus is split in many ways, they end up failing in many areas. They feel frustration as they fall short on their goals over and over again, year after year.

Let's try something different. Instead of resolutions, what if you found just **one word** for the entire year!

That's right—**one word**. Not a phrase or a statement, just a single word.

What can this do for you or your organization?

The One Word exercise brings simplicity and focus. It gives you more clarity, passion and purpose for life. It cuts through the distractions and keeps us focused on what really matters. It stretches us in all areas: spiritually, physically, mentally, emotionally, relationally and financially.

The word you select will be your theme and it will brand you for the year! So discover your One Word for the year and share it with others! It might just change your life!

The following page is a worksheet to help you discover your word for this year.

Enjoy!

Kris Heap

Step 1: Look In

The first step is to put yourself in position to receive inspiration. This process can be an amazing spiritual experience so you want to do it right. Get away from the noise and distractions of life, and create an environment to look inward, quiet your mind, and really listen to your heart. Say a prayer or meditate and then ask yourself these three questions, and write your insights here:

1. What do I need?

2. What's in my way?

3. What needs to go?

Step 2: Look Up

Now that your heart and mind are ready, its time to listen. Take some time to look over your thoughts from the previous page and think about some words that could act as possible themes for what you want to accomplish this year. Some examples could be: **simplify, change, bold, power, empathy, share, forward, family, balance, purpose, love, go, thankful, teamwork, or generous.**

List all of your ideas below:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now that you have some good options, take a moment to look over them and see which one might be the most meaningful to you this year. Ask yourself, “**Which of these would have the biggest impact in my life if I could live by it?**” I promise that there is a word out there waiting for you. You will feel inspired when you discover it.

You may or may not be able to pick your word right now. Your word may not even be on your list. But be ready, in the next few days your word will come to you.

Step 3: Look Forward

Once you discover the word that is meant for you, it's time to live it. This is where the rubber meets the road.

Keep your One Word front and center. Write down three things you will do to make sure you have regular reminders of your word. Some ideas may be: posting it on your refrigerator or bathroom mirror, setting a daily reminder on your phone, getting it tattooed on your forehead (not advisable), finding quotes or scriptures that pertain to your word, keep a journal of experiences you have incorporating your word into your life, etc.

1. _____

2. _____

3. _____

Sharing your One Word with your family or co-workers ensures success. List three people in your inner circle with whom you can share your word:

1. _____

2. _____

3. _____

Discovering a word for your year is a powerful experience. The focus and energy you get from it will help you accomplish more than you would have from setting a list of goals and resolutions. In the end, you'll find that focusing on your one word will actually give you a better chance of reaching the list of goals you would have written.

I believe strongly in the power of this principle. I do it every year with my children, my staff, and anybody I can convince to try it.

Focusing on your word will help you, your family, or your organization accomplish great things this year. May this one be your best year ever!

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