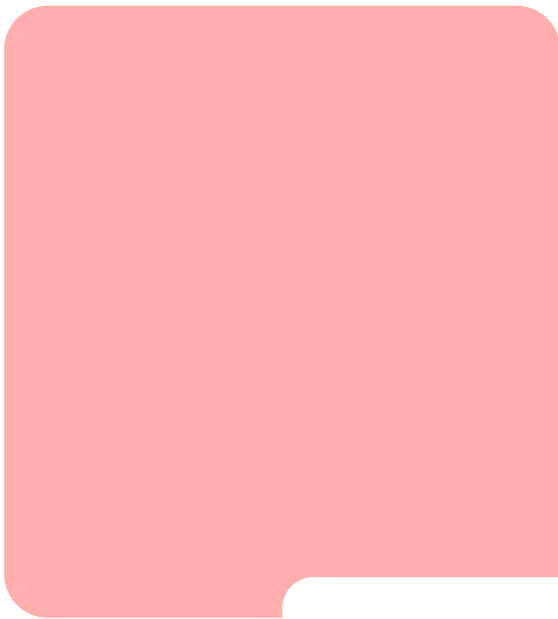
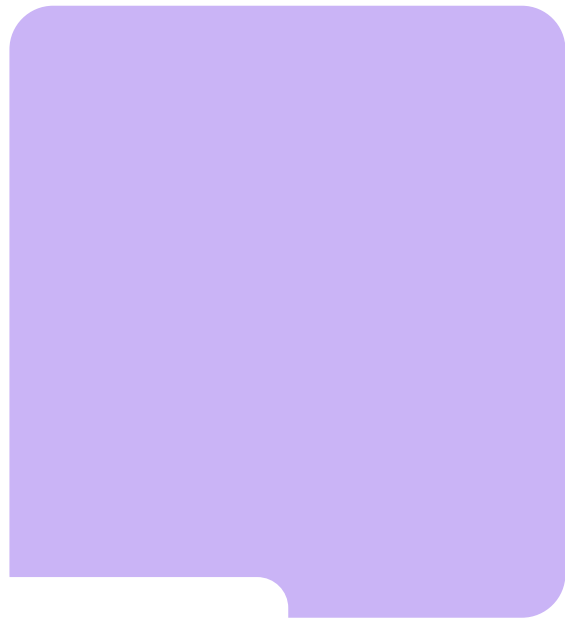


WORD OF THE YEAR

First, identify four areas of life that you want to focus on. Examples include school, friendships, health, personal growth, self-image, family. Second, think about what you really want in each area. These can be goals you want to achieve or experiences you'd like to have. Next, write 4-6 words in each category that describe that desired outcome or words that describe the mindset, attitude, or action that will help you get the desired outcome. Last, close your eyes and see yourself moving through the year, experiencing what you desire and reaching the goals you have. When you're ready, open your eyes, look at the words in each category and choose one that stands out. A word that makes you say, YES! THIS IS IT! THIS IS WHAT I WANT THE NEXT YEAR TO BE ALL ABOUT. Write that word in the center.

That becomes your Word of the Year

A large, rounded rectangular box with a light red or pinkish hue, intended for writing words related to the first category.A large, rounded rectangular box with a light purple hue, intended for writing words related to the second category.A large, rounded rectangular box with a light teal or light blue hue, intended for writing words related to the third category.A large, rounded rectangular box with a light yellow or gold hue, intended for writing words related to the fourth category.