

Word of the Year Clarity Creator

Amy Behrens Coaching, LLC. www.amybehrens.com

| | Words I'm Considering | Why would this word inspire me? | How do I already live this word? | How do I not yet live this word? |
|---|-----------------------|---------------------------------|----------------------------------|----------------------------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |

Word of the Year Clarity Creator (p.2)

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| Words I'm Considering | What would be different if I lived this word daily? | What might I attract or create with this word? | What triggers or obstacles might get in my way with this word? |
|-----------------------|---|---|--|
| 1 | 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. | 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. | 1. 2. 3. 4. 5. |
| 2 | 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. | 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. | 1. 2. 3. 4. 5. |
| 3 | 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. | 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. | 1. 2. 3. 4. 5. |

Word of the Year Clarity Creator (p.3)

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| Words I'm Considering | What new habits might I incorporate to live this word more fully? | What are 5 big or small goals this word might help me achieve? | What images symbolize this word's meaning for me? |
|-----------------------|---|--|---|
| 1 | 1. 2. 3. 4. 5. | 1. 2. 3. 4. 5. | |
| 2 | 1. 2. 3. 4. 5. | 1. 2. 3. 4. 5. | |
| 3 | 1. 2. 3. 4. 5. | 1. 2. 3. 4. 5. | |

Time to Choose Your Word of the Year! Now that you have reflected on three powerful words, it's time to select one. Choosing just **ONE** will help you embody your word more effectively.

Here are some questions to ask yourself:

- 1) As I wrote about each word, how did I feel about each one? Did one excite me more than the others? Why?
- 2) Did any of the words not seem as appealing as I answered the questions about that word? Why?
- 3) Is there a word that may not even be on this chart that could be the “jumpstart” or “vehicle” for the words I did include on my chart? (Examples: Would the word “Pause” help me to be more of my three words: “Understanding,” “Loving,” and “Compassionate”? OR Would the phrase “Just Do It” help me to achieve my three words: “Create,” “Align,” and “Commitment”?) If that is so, do I want that word or phrase to be my “Word of the Year” with the other words being my “wing words”?
- 4) How do I feel as I step into having this be my “Word of the Year”? Am I curious? Excited? Energized? Grounded? If so, then this is likely to be your word of the year. If not, ask why not? Perhaps the answer will lead you towards what you are really looking to embody this coming year.
- 5) Try your “Word of the Year” on! Talk about it, use it, and see how it feels. If it's not right, try on another one. Sometimes we need a new word each season. Play with it and see how it works for you!
- 6) Keep your word where you can see it: Use colorful permanent markers to write your word on a rock that sits in your windowsill – a literal and symbolic touchstone! Write it on a piece of paper, decorate it and post it. Put this word on your Vision Board. Set a reminder on your phone with this word daily. Put a Post-It with this word on your computer or mirror. Make a bookmark with this word. Be creative and see how your word guides you this year! I'd love to hear how your word is working for you! Email me to share: amy@amybehrens.com

(Note: My Word of the Year Clarity Creator was inspired by Christine Kane's Word of the Year Tool from <https://yourwordoftheyear.com/>)