



WORD OF THE YEAR WORKSHEET

FIND YOUR VALUES
FOR LIFE AND THE
YEAR AHEAD

HOW TO CHOOSE A WORD OF THE YEAR

* Circle / highlight the words that resonate with you. Or the ones that have meaning to you. Perhaps the ones that you want to embody over the next 12 months. Or the ones that hold the most value for you.

* Select your top 10 words from the highlighted list. These will be your core values for your life as a whole.

* From the top 10 narrow it down to 3 before settling on just 1 word as your Word of the Year.

MY TOP TEN WORDS ARE:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

MY FINAL THREE WORDS ARE:

1. _____
2. _____
3. _____

MY WORD OF THE YEAR IS:

WORD OF THE YEAR

Circle / highlight the words that resonate with you.

Ability	Acceptance	Accomplishment	Abundance	Attentive
Achievement	Adequacy	Adventure	Adapt	Audacity
Affection	Alert	Alive	Affluence	Availability
Ambition	Anticipate	Assertive	Amusement	Awareness
Approachability	Articulacy	Abide	Artful	Awe
Assurance	Attractive	Awake	Authentic	Action
Align	Appreciate	Allow		
Balance	Being	Blissful	Belonging	Beauty
Benevolence	Bold	Brisk	Bravery	Buoyancy
Brilliance	Bountiful	Believe	Big	Bloom
Build	Bounce	Becoming	Bliss	
Camaraderie	Capable	Candor	Calm	Courage
Careful	Challenge	Certainty	Care	Curiosity
Charm	Cheerful	Chastity	Charity	Credibility
Classy	Clever	Clean	Clarity	Creativity
Competent	Commitment	Comfort	Close	Copious
Concentration	Complete	Complacency	Compassion	Courtesy
Connect	Conformity	Conscious	Composure	Cunning
Continuity	Consistency	Contribution	Contentment	Cooperation
Confidence	Control	Coolness	Conviction	Change
Celebrate	Choice	Clarify		
Daring	Decisive	Decorum	Deep	Different
Discretion	Delicacy	Delight	Dependability	Deference
Diversity	Desire	Determination	Discernment	Depth
Drive	Dexterity	Dignity	Devotion	Devout
Duty	Direction	Direct	Diligence	Diplomacy
Dream	Discipline	Discovery	Dwell	Divine
Deliver	Deliberate	Discretion		

WORD OF THE YEAR

Circle / highlight the words that resonate with you.

Eagerness	Ecstasy	Education	Effectiveness	Efficiency
Expediency	Endurance	Elegance	Empathy	Encourage
Express	Entertainment	Energy	Enjoy	Enlightenment
Evolution	Excitement	Enthusiasm	Exactness	Excellence
Extroversion	Experience	Exhilaration	Expectancy	Explore
Elation	Extravagance	Expertise	Effort	Exuberance
Emotion	Enough	Expand		
Facilitating	Fairness	Freedom	Fame	Fun
Fascination	Fashion	Fitness	Fidelity	Flow
Finesse	Firmness	Fluidity	Flexibility	Faith
Fortitude	Frankness	Fluency	Focus	Fearless
Frugality	Finish	Fortitude	Friendliness	Forward
Feisty	Family	Fierce	Forgive	Fly
Giving	Generosity	Gentility	Genuine	Gallantry
Gregarious	Grace	Grateful	Gratitude	Guidance
Growth				
Happy	Harmony	Health	Heart	Honour
Helpful	Heroism	Holiness	Honesty	Humour
Healing	Hope	Hospitality	Humility	Healthy
Holistic				
Imagination	Impact	Impartiality	Impeccability	Intense
Independence	Industry	Ingenuity	Inquisitive	Insightful
Introversion	Inspiration	Instinct	Integrity	Intelligence
Intuition	Inventive	Intimacy	Intrepid	Invest
Integrate	Intentional	Indulge		

WORD OF THE YEAR

Circle / highlight the words that resonate with you.

Joy	Jovial	Journey	Kind	Keen
Judicious	Jocund	Jolly	Knowledge	Kitsch
Justice	Jazzy			
Learn	Leadership	Liberation	Love	Lavish
Logic	Lively	Longevity	Live	Liberty
Luminous	Loyalty	Level	Listen	Light
Leap	Laughter	Less	Luxury	
Mastery	Majesty	Maturity	Moderation	Magic
Meticulous	Mellow	Mindfulness	Momentum	Move
Motivation	Modesty	Mystery	Minimal	Miracle
Mend				
New	Nerve	Neat	Natural	Naked
Nourish	Nomadic	Nifty	Novel	Nude
Opportunity	Obedience	Open-minded	Optimism	Opulence
Organise	Order	Open	Originality	Outlandish
Passion	Piety	Peaceful	Pragmatic	Perceptive
Perseverance	Plentiful	Persistence	Presence	Persuasive
Proactive	Potency	Playful	Professional	Pleasant
Philanthropy	Preeminence	Poise	Purity	Polish
Pleasure	Prudence	Practicality	Perfection	Patience
Popularity	Purpose	Prepared	Peace	Prosperity
Precision	Power	Proficiency	Practice	Present
Privacy	Positive	Punctuality	Pray	Progress
Perspective	Possibility	Prosperity	Play	Pause
Prioritise	Push			

WORD OF THE YEAR

Circle / highlight the words that resonate with you.

Quixotic

Quality

Quiet

Quick

Relaxation

Restore

Realism

Ready

Reason

Resolve

Rest

Recreation

Refine

Reflection

Restraint

Recognition

Reliability

Resilience

Resolve

Radiance

Rich

Resourceful

Respect

Restful

Risk

Real

Reverence

Ritual

Rigor

Release

Rebuild

Relentless

Reduce

Rejoice

Reinvigorate

Sensual

Sacred

Sacrifice

Sophistication

Security

Share

Sanguinity

Satisfaction

Stability

Self-reliance

Silly

Selfless

Serenity

Substantial

Service

Smart

Structure

Shrewd

Supremacy

Sagacity

Sound

Support

Simplicity

Synergy

Significance

Spontaneous

Sympathy

Skill

Speed

Sincerity

Success

Saintliness

Solitude

Strength

Solidarity

Surprise

Self-control

Spirituality

Sufficiency

Spirit

Simplicity

Sensitivity

Slow

Supremacy

Stillness

Savour

Sexuality

Strong

Sacred

Start

Safe

Silence

Soar

Soft

Speak Up

Surrender

Sacrifice

See

Silence

Seek

Shine

Spirited

Special

Soul

Trust

Tranquility

Thrive

Transition

Temperance

Transformation

Truth

Tactful

Teamwork

Thrift

Treat

Try

Thorough

Thoughtful

Travel

Today

Together

Timeliness

Traditionalism

Talent

Thrill Thorough

Transcendence

Tidy

Thankful

Thrifty

Tenacious

Triumphant

Thick-skinned

Total

WORD OF THE YEAR

Circle / highlight the words that resonate with you.

- | | | | | |
|-----------|---------------|------------|-----------|-----------|
| Unity | Understanding | Undeterred | Upcoming | Ultimate |
| Unique | Utility | Universal | Useful Up | Unravel |
| Unify | Uplift | Unyielding | | |
| Valor | Vivacity | Variety | Victory | Vigor |
| Virtue | Vibrant | Vision | Vitality | Validate |
| Visionary | Vivid | Vocal | Venture | |
| Wander | Wisdom | Wonder | Willful | Watchful |
| Wild | Wit | Worthy | Warmth | Wholesome |
| Win | Wealth | Whole | Wellness | Willing |
| Yes | Zeal | Zest | Zing | |

NOTES
