

Freestyle Careers



Discover your Word for 2022

Inspire yourself!



Why discover a Word for the Year?

This is about seeking a guide and an anchor for the year ahead. It's less about 'choosing' a word that we think we **should** focus on and much more about letting a meaningful word **emerge**.

In this way, we can allow the wisdom we really need for a fulfilling year to come to the surface.

This is the process that I've found works for me – allowing space for your word to emerge is really important, but you might find you know your word more quickly, or you could need more time for the word to 'lock in.'

Both are absolutely fine.

A simple word list

awareness authenticity achieve artistic assertive affection adventure adapt attention
abundance allow activism artfulness acceptance action awe beauty balance belief calm
creativity confidence commitment challenge compassion connection clarity care choice
courage curiosity change community communicate deliberateness dawn design delight
discipline develop dependable effortless enough expansion excitement exploration
educate empathy forgive fun fairness forgiveness forward focus freedom friendship
flexibility flow future growth grace generosity gratitude heal honesty health humility
honour hope humour illumination integrity include inspire integrate innovate intuition
influence intention joy kindness knowing love laughter live listen laziness lead loyalty
mastery mentor meaning momentum no openness order patience pleasure power pioneer
peace presence perception quality quiet release reunion respect resilience ritual risk
realism rational responsible self-love spirit stability savour seasons selfless service solitude
simplicity sparkle spontaneous sun support surprise trust thrive transform tradition vision
vitality variety vulnerability warmth wholehearted willingness wisdom welcome yes

Step 2

On the following day, return to the list of words you've already chosen.

Read them through, perhaps out loud to bring them alive.

Then quickly and without overthinking, choose your top 6.

Walk away, sleep on it - let your unconscious mind do its work.



Step 3

By now, you might find one word is starting to take prominence.

Repeat the process and settle on your top 3.

Give yourself a day's space one last time. Relax – don't struggle or force it, let it happen naturally.



Step 4

Return to your top 3 and sit a while with each – which one is resonating most strongly?

Which one excites you, gives you energy and hope for the future?

Remember there is no room for ‘should’ in this process – listen to your intuition and meet your word for the year ahead.



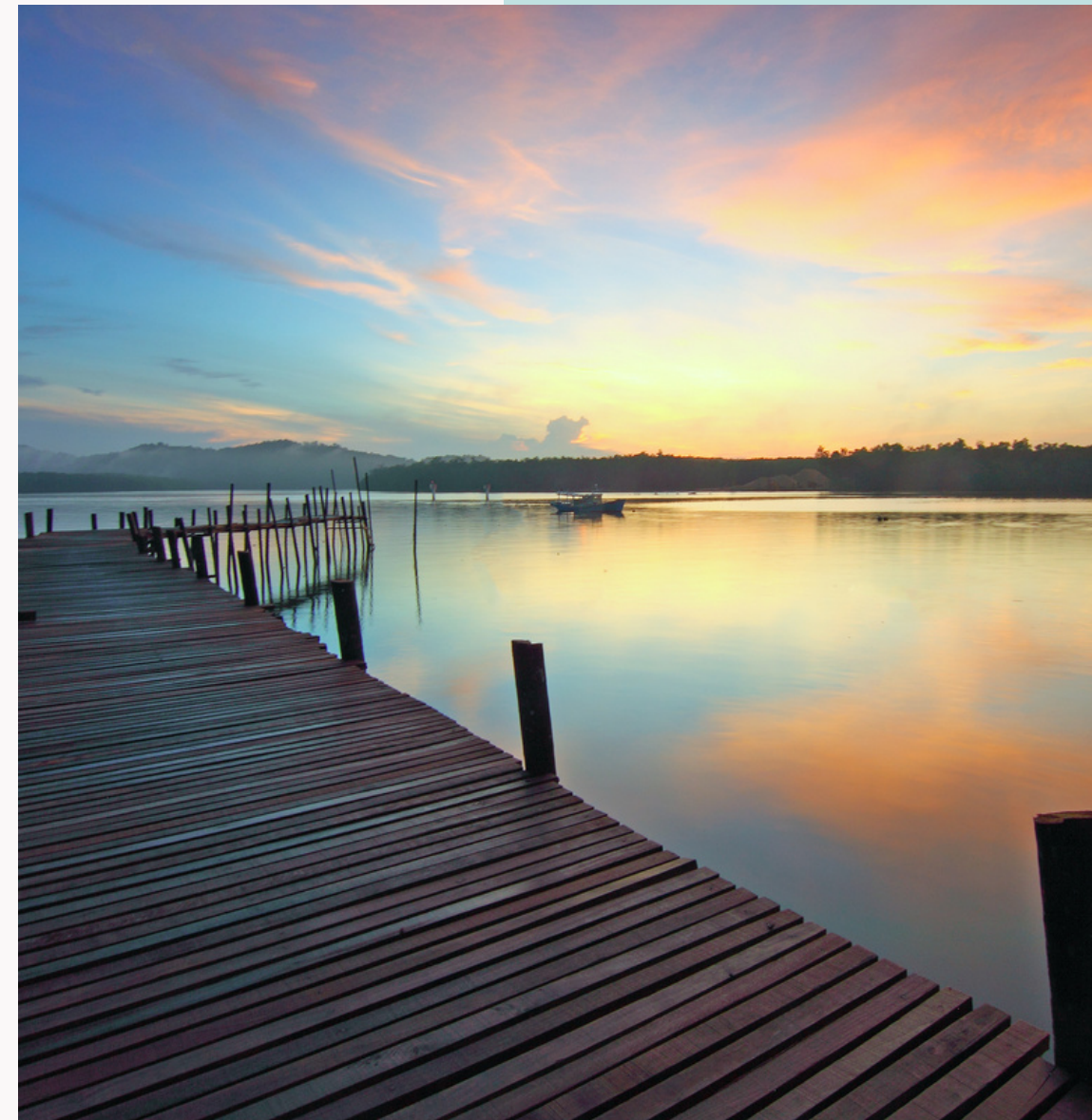
Step 5

Next, take a blank sheet of paper or a new file on your laptop. Place your word centre-stage and let associating words emerge.

So if your word is GRACE, words that come to mind might be 'acceptance', 'meditation', 'peace'... or whatever your word carries for you.

Watch your response – does this feel right? Does it make you feel bigger, better, more?

If 'yes' then this is your word for 2022 – the word that will guide you, work as your touchstone that will serve you well in times of stress, difficulty, chaos, potential growth and renewal.



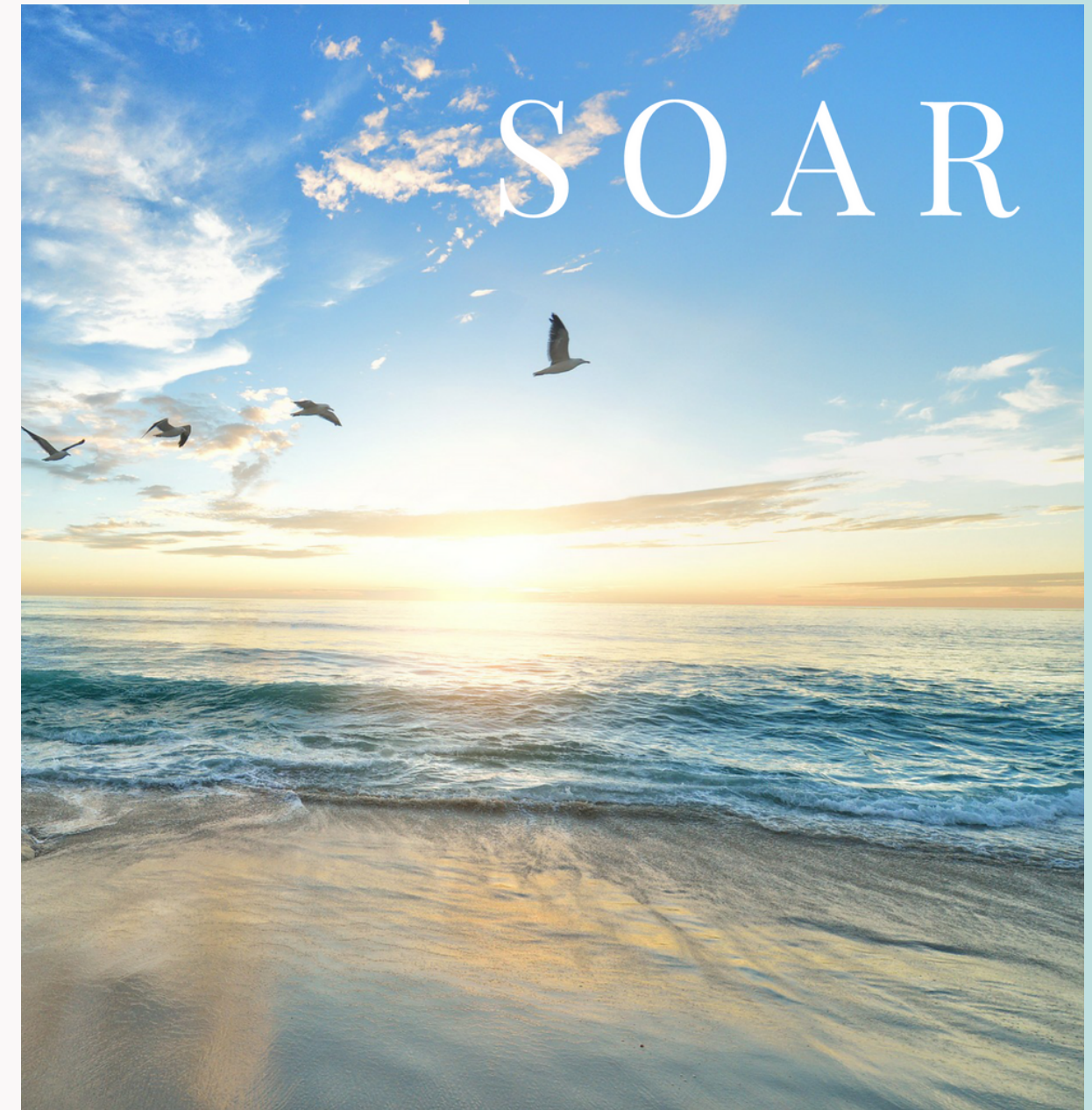
Step 6

I love visuals, so my next step to making this important word tangible is to create a poster to serve as a daily reminder.

Apps like Wordswag or Canva are easy to use but you can also create a powerpoint slide to personalise your word for the year.

The time you take on this step is also important because you're spending time with your word – bonding if you like.

Then print it off, post it on your fridge or your pin-board, keep it handy on your phone – a constant nudge when you need it most.



Step 7

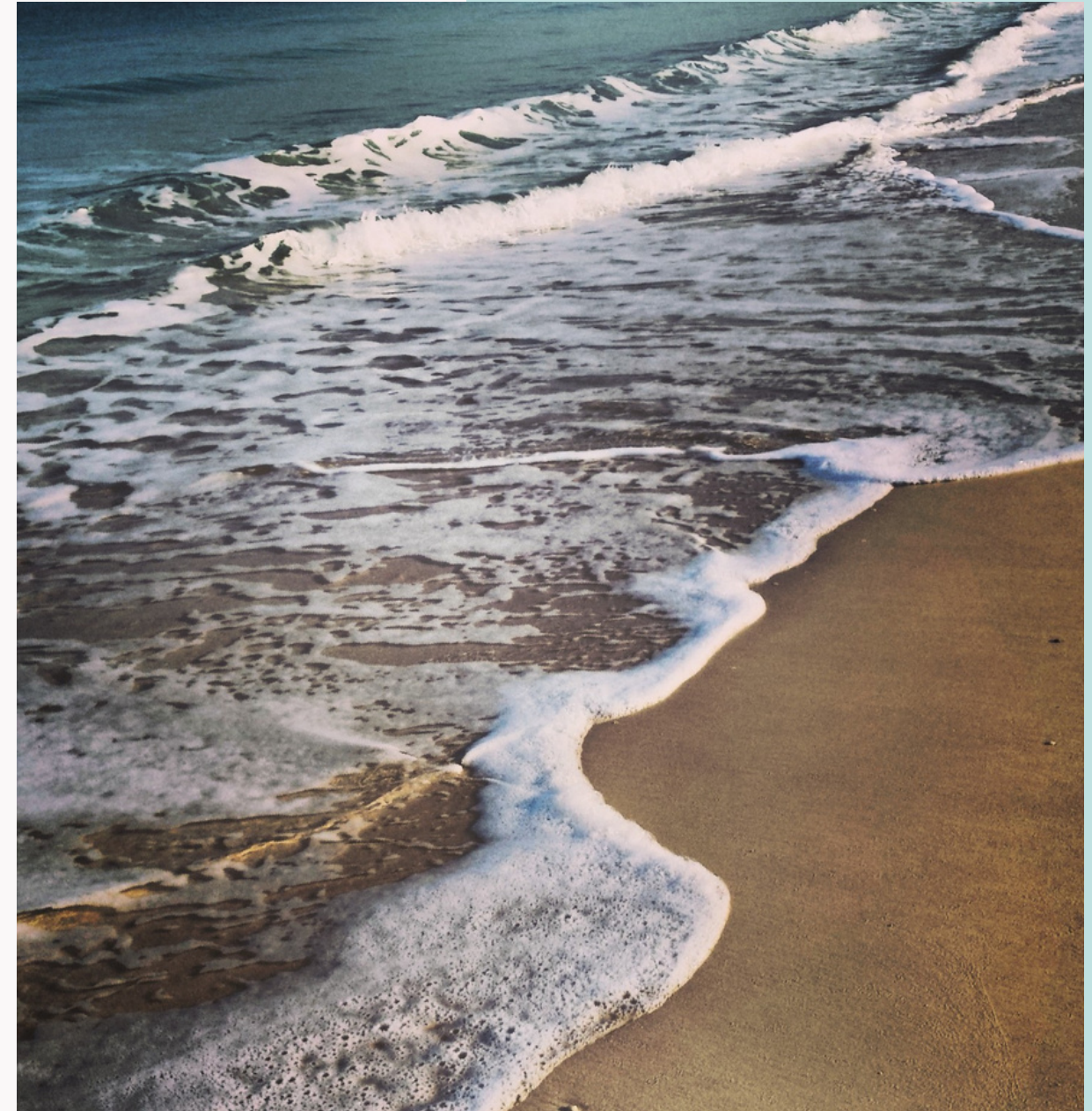
If you're like me, you're feeling excited about what's ahead and how this idea will manifest itself in your future.

My [Word for the Year Explorer worksheet](#) will help you to:

- *strengthen your connection with this word
- *avoid the triggers that could sabotage its power
- *bring to life what the word means for you,
- *how it's already present in your life and
- *how it can be stronger and more purposeful

Just email for your free copy:

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Let me know..

I'd love to know what your word is – just email me or share on social media if that's your thing using:

#freestylewordfor2022

My intuition is telling me you're going to love starting next year with this word firmly embedded in your life.

Wishing you much
joy in 2022!

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