



discover
**YOUR
WORD
FOR 2020**

*inspire
yourself*

Freestyle Careers

Choosing your Word for the Year

I chose my first Word for the Year 5 years ago, using Christine Kane's method. Since then, I've evolved and adapted the process to my own preferences and fully expect you will do the same. I agree with Christine's approach when she says: 'it's not about absolute certainty. It's about allowing and evolving.'

And in that open-hearted spirit, our quest begins.

This is the process that I've found works for me – allowing space for the word to come into focus 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.

Revealing Your Word

1. Use a word cloud like this one or the list of words on the next page and set aside 10 quiet minutes to read them through and highlight which words are resonating with you right now. Choose a maximum of 12 words, then walk away for a day. In this time, be aware of words around you that you're noticing. Are there any you need to add to your list?



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awareness authenticity achieve artistic assertive affection adventure
adapt attention abundance allow activism artfulness acceptance
action awe beauty balance creativity confidence commitment
challenge compassion clarity care choice courage curiosity change
community communicate calm deliberateness design delight
discipline develop dependable effortless expansion excitement
exploration educate empathy forgive fun fairness forgiveness focus
freedom friendship flexibility growth grace generosity gratitude heal
honesty health humility honour hope humour integrity include inspire
integrate innovate intuition influence intention joy kindness knowing
love laughter live listen laziness lead loyalty mastery mentor meaning
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 selfless service
solitude simplicity support trust thrive transform tradition vision vitality
variety vulnerability willingness wisdom welcome yes

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 over-thinking, choose your top 6. Walk away, sleep on it - let your unconscious mind do its work.

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.

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? Which attracts you? Remember there is no room for 'should' in this process – listen to your intuition.

And now you have it! But be sure your word is just that – ONE word.

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 conjures up for you. There is no right or wrong.

This is helping you to get clear on what the 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 2020 – the word that will guide you, work as your touchstone or a perspective that will serve you well at times of stress, difficulty, chaos, potential growth and renewal.

6. Imagery

I love visuals, so my next step to making this tangible is to produce a poster to serve as a daily reminder. I use Wordswag, an inexpensive App you can download to your phone and which allows you to import an image that is personal to you or to use one of their stock images. Canva is a great alternative and one I use on my laptop. You can then design your word in the font and colours that most appeal. Here's one of mine:



If you don't want to use an App, it's easy to create this as a Power Point slide, a collage, or even draw or paint freehand. The time you take 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.

So that's it – you have your word and if you're like me, you're feeling excited about what's ahead, how this idea will manifest itself in your future and how you will consciously and unconsciously develop in relation to your word.

Read on for another step you can take to bring this word to resonant life in the year ahead.

What Next?

To help you strengthen your connection with your 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, I've developed a Word for the Year Explorer worksheet, which is free to download from my [resources page](#).

Finally, if you know someone who can benefit from this activity, please share this guide. It's also great to have a buddy along with you for the journey. Saying your word out loud to someone and sharing how it's showing up in your life in the year ahead is a great source of strength – and fun! It really helps to lock in both your intention and openness to what this powerful word can teach you this year.

I'd love to know what your word is – you could share it on my [Freestyle facebook page](#), or via social media using #freestylewordfortheyear

My intuition is telling me you're going to love starting next year with your word firmly embedded in your life. Let me know how it goes!

Over time, I've found that revisiting my word every 6 months works best for me. Some people prefer or need to have one word for the whole year, while others choose a second to build on the lessons of the first. Follow the same process around the middle of the year and see what emerges.

Wishing you much joy in the journey!

Becky x



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