

# WORD OF THE YEAR

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## PICTURE YOURSELF 12 MONTHS FROM NOW

What change would you like? What is your goal or dream? What do you want to make a priority?

## MINDSET MATTERS

What mindsets will be most helpful for you to create this change? Focus on HOW you want to BE, not what you need to do eg *I need to stay calm and grounded, or I need to have a bold attitude.*

## MY WORD OF THE YEAR

What is one word or phrase that best reflects your chosen state of being, mindset, or change that you desire?