2017

A PAIR & A SPARE

how to

CHOOSE A WORD TO DEFINE & GUIDE YOUR YEAR AHEAD

STEP ONE */ some words to inspire you (but feel free to come up with new ones too!)*

ASPIRE • BALANCE • BEGIN • CERTAINTY • CHALLENGE • CHANGE • COURAGE • CREATIVITY
EVOLVE • EXPLORE • GROWTH • GRATITUDE • HEALTH • IMPROVE • INSPIRE • RELEASE • WELLNESS

STEP TWO */ brainstorm words in each of the following areas*

*In my **career** I want to* _____

*I hope my **health & wellbeing** to* _____

*With my **family** I will* _____

*I see my **personal style*** _____

*With my **friends** I savour* _____

*In my **hobbies & interests** I want to* _____

*With my **significant other** I look forward to* _____

*I want to **do something new** to* _____

STEP THREE */ choose one word that speaks to you the most, this will guide your year*

_____