

Your Word for the Year – Reflection & Clarity Template

This tool invites you to choose a single word to serve as a compass for the year ahead. It focuses on naming a posture you want to practice, one that can guide your decisions, relationships, and responses when things unfold differently than planned.

Step 1: Choose the Word

Don't overthink this. Often the right word is already hovering.

Consider:

- What word keeps resurfacing?
- What word feels grounding and alive?
- What word would help you on a hard day, not just a good one?

My word for the year is: _____

Step 2: Test the Word as a Guide

Meaning & Boundaries

- When I say this word, what am I choosing more of?
- What am I choosing less of?
- What expectations or pressures does this word help me release?

Responsibility & Courage

- What am I still choosing to stay responsible for?
- Where might living this word require courage or honesty?

Step 3: Apply It to Real Life

Work & Contribution

- How would this word shape how I work?
- How will I know if my work aligns with it?

Time & Structure

- What structures support this word?
- Where does too much—or too little—structure undermine it?

Relationships & Leadership

- How does this word shape how I show up with others?
- What does it invite in how I listen, speak, or lead?

fluency

Step 4: Distill the Meaning

In one or two sentences, describe what this word means to you this year.

This year, my word means:

Step 5: Create Your One-Pager

Word for the Year: _____

Intention (one sentence):

In this year, I choose _____.

Practice (one-line, with an example):

Example: *When I feel uncertain or reactive, I will pause and ask, "What would it look like to act from my word right now?"*

When I feel uncertain or stuck, I will _____.

What This Word Means to Me (3–5 bullets):

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-
-
-

Decision Filter:

Example: *Does this move me closer to my word or further away from it?*

Does this _____?

fluency

Step 6: Mid-Year Check-In

Use this as a pause, not a performance review.

- Where has this word shown up in ways I didn't expect?
- Where have I felt most aligned with it?
- Where have I drifted or tightened?

Adjust, don't judge:

- What needs to be released?
- What needs to be reinforced?

Complete this sentence:

For the second half of the year, I want this word to show up more in
