

Word of the Year 2025 Worksheet

Create your guiding word for the year ahead!

The Word of the Year is a powerful tool to help you focus your energy, set intentions, and guide your actions in the year ahead.

By choosing one word that resonates with you, you'll have a daily reminder of your focus and purpose.

Step 1: Reflect on the Past Year

- What was one major lesson from 2024?

(Example: "I learned the importance of self-care.")

- What area of your life do you want to focus on in 2025?

(Example: "I want to focus on improving my health and well-being.")

- What feeling or quality do you want more of in 2025?

(Example: "I want to feel more balanced and peaceful.")

Step 2: Define Your 2025 Goals & Intentions

Think about the upcoming year. Keep it simple and write down:

- What are your top 1-2 goals for 2025?
(Example: "Get in better shape" or "Start a new career.")

- How do you want to feel throughout the year?
(Example: "Confident," "Balanced," "Motivated," etc.)

Step 3: Choose Your Word of the Year

Think about your reflections and goals. Choose a word that inspires and resonates with you for 2025. Here are a few examples:

- Growth
- Balance
- Courage
- Resilience
- Joy
- Focus
- Confidence

Your Word of the Year for 2025:

“ _____

_____ ”

Step 4: How to Live Your Word

Now that you've chosen your word, let's make it actionable. Here are three ways to integrate your word into your daily life:

- How will you remind yourself of your word each day?
(Example: "I'll write it in my journal every morning.")

- What one small action can you take each week to embody your word?
(Example: "If my word is 'Resilience,' I'll tackle one difficult task each week.")

- Write an affirmation that embodies your word:
(Example: "I am resilient and embrace challenges with strength.")

Monthly Check-In

Month: _____

Use these questions as a gentle reminder each month:

- How is my word showing up in my life?

(Example: "I've been feeling more balanced at work and home.")

- What's one action I can take this month to better align with my word?

(Example: "I'll set a schedule for regular self-care activities.")
