

Your One Word

WORKSHEET

*One Word brings about
focus and clarity to
what's really important.*



Q4 Consulting

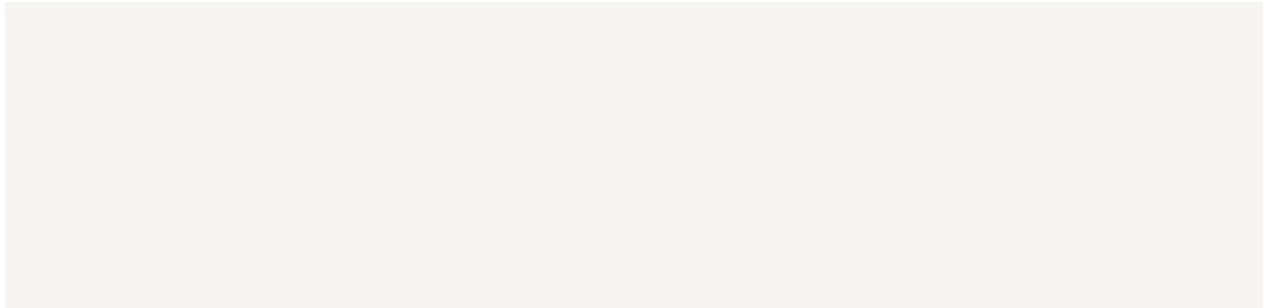
Your One Word

A GUIDE TO SETTING YOUR INTENTION FOR THE YEAR

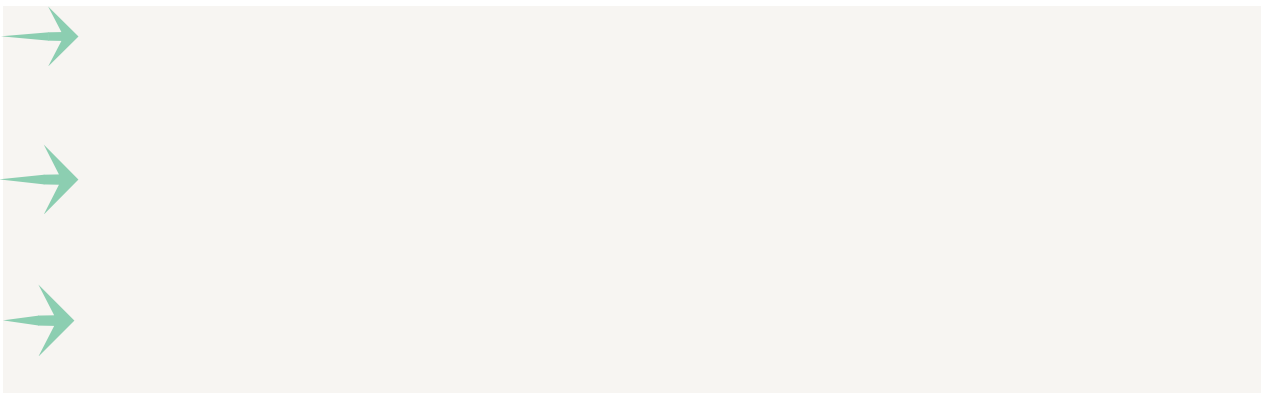
A one-word intention provides a framework to set your priorities, use your time wisely, and align yourself with the resources you need to fulfill your goals. The process of setting and moving towards your intention serves as a declaration to yourself, others, and the universe that you're serious about your dreams and goals.

QUESTIONS TO GUIDE YOU

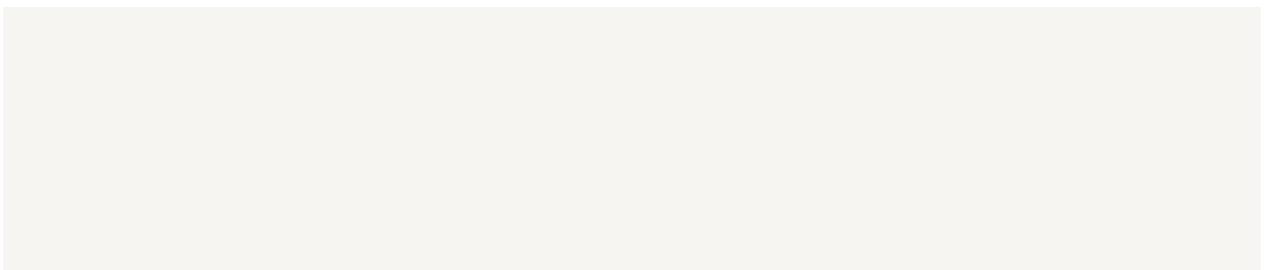
1. Reflect on 10 words for your New year's One Word. Use the space below to write them out.



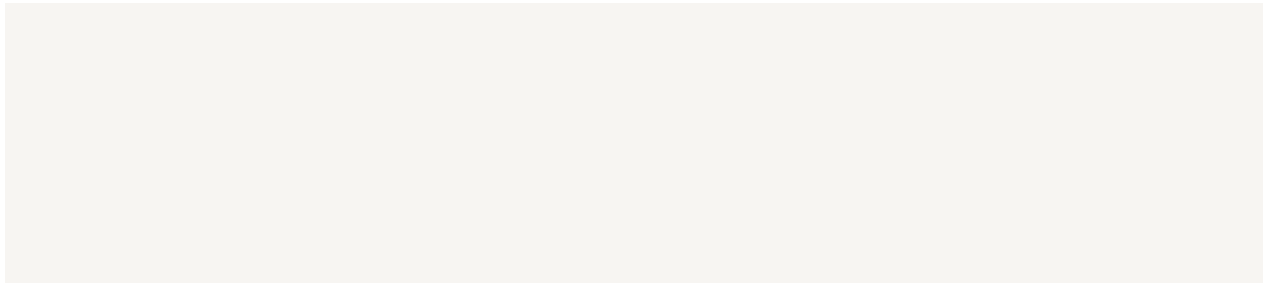
2. After writing your words, take some time for reflection on your Year in Review process. Write the top three words below with explanations of why each one is spot on for 2019. Reflect some more - feel into your body - circle your ONE WORD.




3. If you lived this One Word this year, fully embodying it, how would your life be different?




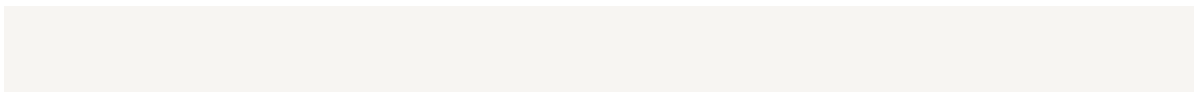
4. Headlines from the Future: What have you created, done, or become by this time next year?



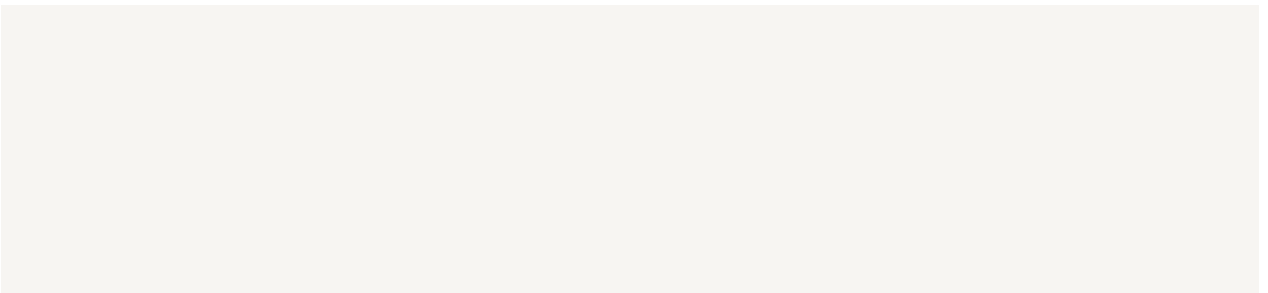
5. What do you need to keep an eye on that may take you off course? List attitudes, behaviors, and conditioned tendencies.

1 

2 

3 

6. What practices will you commit to engaging in this year that will support you in living into your One Word intention (*Be specific here*).



7. How will you know that you've fully embraced your One Word? What will life look like? Where will you be? What will you be doing? Who will you be with? How will you feel?

