



Energy
flows
where
attention
goes.





Your One Word

A GUIDE TO SETTING YOUR INTENTION FOR THE YEAR 2023

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 - by directing your attention - 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 2023. 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?**

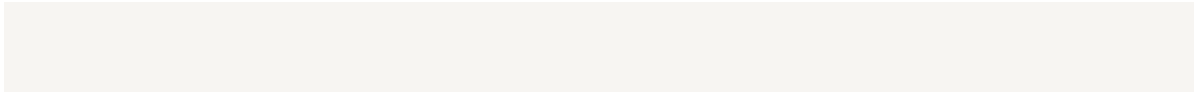
4. **Headlines from the Future:** What have you created, done, or become by this time next year? What headlines would you like to be reading this time next year?

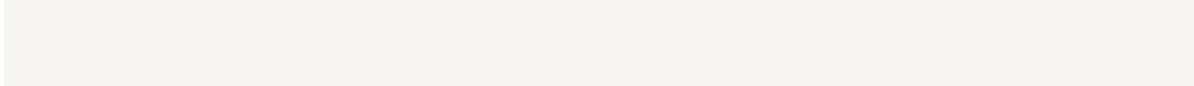


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5. **What do you need to keep an eye on** that may take you off course? List attitudes, behaviors and conditioned tendencies.

1 

2 

3 

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



A light beige rectangular area for writing practices, with three teal arrows pointing right on the left side.

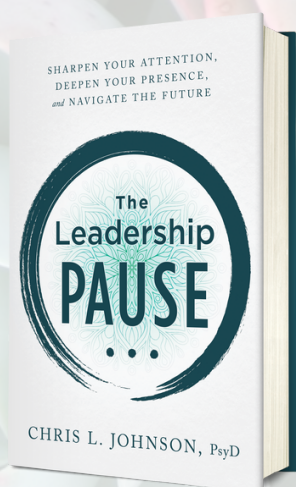
7. **How will you know that you've fully embraced your One Word?** What will life look like? Where will you be? What will you be doing? Who will you be with? How will you feel? Use the space below to craft a new narrative for yourself as you move into 2023. Share it!

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CHRIS L. JOHNSON



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Hello! As you enter a new year, use this guide to inspire & set your course. I wish you great success & fulfillment!

I'm Dr. Chris and I've built my reputation on surfacing and working with the hard things - *those invisible things* - that support a balanced, integrated life, where decisions align with the wisdom of the body.

As a psychologist & executive coach I'm committed to extending the transformational work of embodied leadership to all who're committed to creating the future.

My work focuses on cultivating leadership presence, stretching strategic thinking, and surfacing and engaging with conflict through powerful conversations.

Contact me at
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I'd love to work with you to see what we can create together!

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