

Renea Bartet Coaching

What is a "word of the year" and why have one?

In recent years, many people have been talking about their "word of the year," but what does that even mean? Simply put, a word of the year is typically a single word, or occasionally a short phrase, that serves as a guidepost throughout the year. It can support you with organizing your thinking, setting priorities, determining goals, and remaining focused. It may also be the case that the word comes to you after setting goals as you may see a thread woven throughout. That is how it usually works for me.

Last year, my word was the phrase "finding joy" and I chose that over "joy" or "joyful" because I wanted to remain intentional throughout the year to actively seek out opportunities to experience and appreciate joy. Thus, "finding" was very important to me in 2022. This year, I've chosen "resonance" because my goal is to create impact in my world and one objective in meeting that goal is to say no to expectations or requests that don't align with my values or purpose. I'll share more on page four.

To support you with deciding on your word of the year, take 10-15" to think about what you hope to achieve in the coming year. No doubt, you have an inkling already of goals in your personal or professional life you want to pursue. Maybe they are about your finances, personal development, or relationships. You will certainly create goals in multiple spheres, and it helps to write all of those in the space below with clarity and detail. Imagine the life you want to be living six or twelve months from now, and describe that below with emotion and nuance. What would each day look like? How would you feel and what would be different after accomplishing the changes you seek?



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Now that you have summar	rized your goals, look for the through lines. What is the consistent idea running
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through what you hope to	achieve? Is there a concept or overarching need for you to address in order to
accomplish your desir	res? That is your word of the year. For me this year, it is RESONANCE.
accomplish your acsir	es. That is your work of the year. For the this year, it is RESOLVENCE.



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Now that you have determined your focus, create a chart of four fundamental ways in which your word will serve as a guidepost for you to return to throughout the coming year.

My example is below and the same template is available for your use on page five.

Resonance in decision-making:
This year when making decisions, both big & small, I will check in with myself to see what resonates with my values, goals, & larger purpose to create impact. I will stop endlessly weighing pros & cons, and asking for input from others who have no stake in the matter.

Resonance in my health & fitness:

As a Mommy to an amazing, energetic son,

I want to be healthy & active for him &
with him. Therefore, I will
choose nutrition & supplements that
support my physical, emotional, & mental
wellness.

Resonance

Resonance means feeling confident in my capabilities:

If I teach my son, students, staff, & coaching clients that they are capable of doing anything they desire, I must demonstrate that belief consistently in my own life ~ even when (especially when) the situation is challenging or complex.

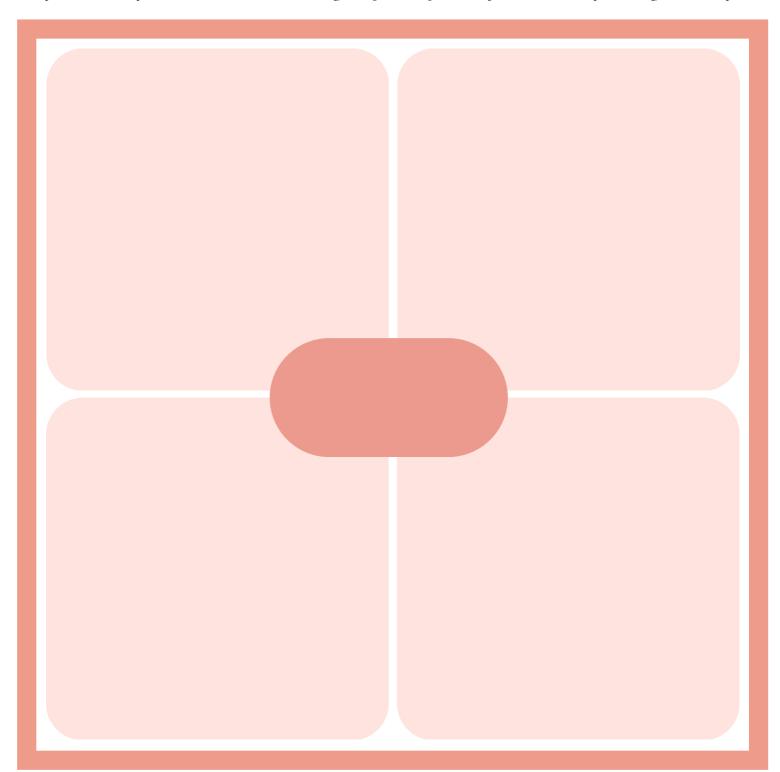
Resonance in alignment:

Periodically throughout the year, I will reflect on whether the aspects of my life that are most important to me this year (health & well-being; professional choices & finances; relationships; personal growth) are in alignment with my values & goals, AND that these areas are aligned with each other as well.



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Write your word of the year in the center of the page. Use the four quadrants to indicate ways in which your word will serve as a guidepost to provide focus & clarity throughout the year:





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Additional Notes Page Consider keeping a list of celebrations & opportunities from the year in which you used your	
word of the year to guide you, support with goal achievement, or refocus:	

