

The background of the image consists of numerous white, square letter tiles scattered on a light-colored wooden surface. The tiles are arranged in a way that they partially overlap each other, creating a textured, three-dimensional effect. The letters on the tiles are dark grey or black, and some are clearly visible, such as 'S', 'E', 'C', 'I', 'G', 'A', and 'K'.

Word of the Year

Renea Bartlett Coaching



Word of the Year

Renea Bartlett Coaching

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.

Word of the Year

Renea Bartlett Coaching

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:

The form consists of a central white oval shape, intended for writing the 'Word of the Year'. This oval is surrounded by four large, light pink rounded rectangular quadrants, one in each corner, intended for writing notes on how the word will serve as a guidepost. The entire content is enclosed within a thick orange border.

