

JEANNETTE AUSTIN - EXCELLO

WORD FOR 2024 *workbook*



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Hello!

Choosing a word of the year is a great alternative to New Year's resolutions, which can often be stressful and disappointing. A carefully chosen word can be a guiding beacon, shaping your journey through the year with intention and clarity.

Words contain energy, imagery, and meaning that our hearts and souls get excited about, and that brings about transformation. By choosing a word of the year, you can create a sense of purpose and direction in your life, and work towards becoming the person you want to be.

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Mod 1 Choose

How to set your word of the year

1. Review the last year and look at what went well and note the things you'd like to change or improve in the new year.
2. Write down words that relate to new goals. Focus on words that relate to how you feel like "creative, aligned, confident, joy", brainstorm ideas.
3. Review your large list of words and then narrow it down to just 5 words that speak to you. It's ok if you end up with more than one.
4. Choose one that speaks to your heart the most. Write it down so you can see it every day. Your bathroom mirror is a great place. Create either a physical or virtual vision board.

1. REVIEW

What did you do well in 2023?

What would you like to change in 2024?

Is there anything you would like to improve in 2024?

What would you like your goal to be for 2024?

2. Brainstorm Words that relate to your Goal



3. Refine to 5 words



4. Choose your word

Your word for the year should bring clarity and focus to your goals, and help you stay motivated as you move towards them. It can also help you live more intentionally and replace the focus from what is broken to what is possible.

My Word for 2024 is.....



Mod 2 Incorporate

Here are some ways to incorporate your word of the year into your daily life.

- **Journaling:** Write down your thoughts and feelings about your word of the year in a journal. Use your word as a prompt for daily journaling.
- **Meditation:** Use your word of the year as a mantra during meditation. Repeat it to yourself as you focus on your breath.
- **Visualization:** Visualize yourself living your life with your word of the year as your guiding principle, Imagine how it would feel to embody your word in your daily life.
- **Goal Setting:** Set goals for yourself that align with your word of the year. For example, if your word is “awe”, you might set a goal to visit a new place that fills you with wonder.
- **Reminders:** Place reminders of your word of the year around your home or workspace. You could create a vision board, write your word on a sticky note, or even wear a piece of jewelry with your word on it. Write it on your bathroom mirror, or create a vision board.
- **Read:** Create a reading list of articles, websites and books that relate to your word.





Mod 3 Vision Board

1

2

3

Select images that help you see & feel your chosen word for 2024

Select items/things that help create reminders of your chosen word for 2024

Select images/words that relate to the things you wish to experience in 2024

The idea of a vision or dream board is to create a visual display of the feelings, things and experiences that you want in your life in 2024, and is a great way to incorporate your 2024 word. There are virtual options or you can create a physical version to hang in your office or somewhere in your home to help you stay focused on your 2024 word.

Resources

Double click the image or go to thegoalchaer.com/wordoftheyear



300+ Word Of The Year Ideas For 2024 (With Meanings For Each)

A word for the year 2024 is a single focus word that encapsulates what you need more of, what you want to focus on, what you want to improve

at The Goal Chaer (Page 3) 2023

WORD OF THE YEAR IDEAS

ABSOLVE	BLOOM	CREATION	EXPLORE	HAPPY
ABUNDANCE	BOLD	CREATIVE	FAITH	HARMONY
ABUNDANT	BOSS	CREATIVITY	FAMILY	HEAL
ACCEPT	BOUNCE	CULTIVATE	FAST	HEALTH
ACCEPTANCE	BOUNDARIES	DAUGHTER	FAVORITE	HEART
ACHIEVE	BOUNTY	DECLUTTER	FEARLESS	HERE
ACT	BRAVE	DECREASE	FINISH	HIGHER
ACTION	BREATHE	DEDICATE	FITNESS	HOME
ADAPT	BRIDGE	DEDICATION	FLOURISH	HONEST
ADD	BRIGHT	DELIBERATE	FLOW	HONESTY
ADVANCE	BUILD	DELIGHT	FLY	HOPE
ADVENTURE	CALM	DETERMINATION	FOCUS	HUMBLE
ALIGN	CAPTURE	DEVOTE	FORGIVE	HUSTLE
ALIGNMENT	CARE	DILIGENCE	FORWARD	IMAGINATION
ALIVE	CARING	DIRECTION	FOSTER	IMAGINE
ALLOW	CELEBRATE	DISCIPLINE	FOUNDATION	IMMERSE
AMAZING	CENTRE	DREAM	FREE	IMPROVE
AMBITION	CHALLENGE	EASE	FREEDOM	IMPROVEMENT
ANCHOR	CHANGE	EDUCATION	FRIEND	INCREASE
APPRECIATE	CHARISMA	ELEVATE	FRIENDS	INDULGE
ARTICULATE	CHASE	ELEVATION	FULFIL	INSPIRATION
ASCEND	CLEAR	EMBODY	FULFILLING	INSPIRE
ATTENTION	COMFORT	EMBRACE	FUN	INTEGRITY
AWAKE	COMMIT	EMERGE	FUTURE	INTENT
AWAKEN	COMMITTED	ENCOURAGE	GENEROSITY	INTENTION
AWE	COMMUNICATE	ENERGY	GENEROUS	INTENTIONAL
AWESOME	COMPASSION	ENJOY	GENTLE	INTIMACY
BALANCE	COMPLETE	ENLIGHTEN	GENTLY	INTIMATE
BALANCED	COMPLETION	ENOUGH	GIVE	INTUITION
BE	COMPOSE	ENTHUSIASM	GLORIOUS	JOURNEY
BEAUTIFUL	COMPROMISE	ENTHUSIASTIC	GLOW	JOY
BEAUTY	CONFIDENCE	ENVIRONMENT	GO	JUMP
BEGIN	CONNECT	ESCALATE	GOALS	KIND
BEHOLD	CONNECTION	EXAMINE	GRACE	KINDNESS
BELIEVE	CONSCIOUS	EXCITE	GRACIOUS	LAUGH
BELONG	CONSISTENCY	EXCITEMENT	GRATITUDE	LAUGHTER
BEST	CONSISTENT	EXPAND	GROUNDED	LEAD
BETTER	CONTRIBUTE	EXPANSION	GROW	LEARN
BIG	COURAGE	EXPERIENCE	GROWTH	LESS
BLISS	CREATE	EXPLORATION	HABIT	LIFE

+100 MORE IDEAS

On-Line App Resources

- Vision Board Perfect
- Vision Board & Quotes
- Canva
- Horizons: Vision Board





Every moment is an
opportunity to change
your perspective.

Your dream life is calling



Looking for some support to pursue your focus for 2024. We offer one-on-one coaching and would love to discuss it with you. Contact us today to unlock your potential.

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My 2024 word is **AWE**. Awe takes my glimmer concept a step further. Awe shifts our attention from ourselves to something bigger. Of particular interest to me is when “Awe” requires us to accommodate new thinking, as something challenges our normal understanding, and we need a cognitive realignment.

AWE; noun - a feeling of reverential respect mixed with fear or wonder



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Thank-you!

I would be so excited to continue working with you, please reach out to learn more.

Save the Date - Women in Leadership
Workshop/Retreat Oct 18 - 20, 2024 in Canmore

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