



One Word Resolution Resource Guide

By Jenn Soehlin
www.embracing.life

WHY CHOOSE ONE WORD?

Resolutions are hard to keep. Goals are hard to meet, no matter how many action steps you plan. I'm not telling you this to discourage you from making them. I'm simply saying, if you really want to meet all of your goals, choosing ONE WORD to be your focus will help you make a lot more goals than simply making goals such as I will finish writing that book and I will lose weight. But if you choose a word such as Discipline for the year, it would help keep you focused to be disciplined to work out, eat healthy and write. You may not work out and write every day, but you would be much more likely to get back in the habit, because you are focused on your one word, and you may see it spill out into other areas of your life too. Bonus!

CAN I CHOOSE A NEW WORD ANYTIME?

Does choosing a word have to be a New Years thing? No. I had the word Victory as my word for about two years. I set Intentional as my word for the year until June when God whispered the word Embrace to me, and I was set on a journey to embrace a lot of things in my life that I hadn't before.

Another time I had set Confidence as my word of the year in January, but around May, God gave both my husband and I the word Flourish before we were to move to another part of the state, and it encouraged and inspired us during that major life transition. Our eyes were open to all the ways we did indeed flourish once we had claimed and focused on that word.

I recommend that you choose a word you are willing to be intentional about for as long as it takes. I still am working on Embrace, hence the theme of my blog.

HOW DO I CHOOSE MY WORD?

- **Pray!** God will guide you to the word He wants you to focus on.
- **Think** of what godly qualities you would most like to see more of in your life. Make a list of words that come to you (see next page for inspiration), before narrowing it down.
- **Choose One Word.** It may be hard to settle on one, but one will stand out as something that excites you when you think about having more of that in your life.
- **Meaning.** Learn more about that word. What does it mean to you? Look up the definition of the word and/or a quote about it that inspires you.
- **Goals.** Once you have chosen your word, create five to ten goals you would like to see accomplished in your life that relates to this word with a few specific details to help you achieve it. Make sure your goals are:
 - 1) a little above your comfort zone, but achievable
 - 2) cover a variety of areas in your life to keep you well-rounded
 - Personal: spiritual, emotional, intellectual and physical goals
 - Relational: Goals relating to your marriage, children, others
 - Business: Career, finances, hobbies etc.
 - 3) bring meaning and excitement to your life

HOW DO I KEEP FOCUSED ON MY WORD?

- Create a vision board with pictures and quotes that relate to your word and that inspires you and put it in a prominent space. Keep your list of goals on that board. Mine is a bulletin board with pictures of my kids, quotes that inspire me, and my list of goals and it is located above my desk where I spend my time with God, write and blog.
- Create a Pinterest board of pins related to your word.

- Buy the letters to spell out your one word resolution and put that word on your work desk, on your fireplace mantel or somewhere else where you will see it often.
- Look up Bible verses that relate to your word and choose one or two to add to your board or to place in a prominent spot. Memorize that verse.
- Find a notebook with your word on it and journal your progress, to-do lists, or prayers in it.

CAN YOU GIVE AN EXAMPLE? Sure thing! Here's my example from 2015.

My Word: EMBRACE

Meaning: To accept or support willingly or enthusiastically.

"There is a time for everything, and a season for every activity under the heavens....A time to **embrace**, and a time to refrain from embracing."

Ecclesiastes 3: 1 & 6

My goals:

- 1) To embrace my children by spending daily intentional time with them doing things they are interested in and passionate about.
- 2) To embrace my husband by greeting him each day when he comes home from work, rather than continuing what I was doing, or immediately asking him for help.
- 3) To embrace my relationship with God by prayer journaling and reading my Bible every day.
- 4) To embrace my health by drinking more water and doing either yoga or going for a walk daily.
- 5) To embrace my calling as a writer by writing a weekly blog post and writing/editing a chapter of my book a week.
- 6) To embrace my desire to grow emotionally, spiritually and intellectually by reading two books a month.

7) To embrace myself by stopping the negative thoughts I have about myself when they start and instead remind myself of who I am in Christ.

Your turn!!

LIST OF POTENTIAL WORDS

Circle the words that stand out to you, and write down any other words that come to you. Then prayerfully narrow it down to just one word.

Abide	Courage	Freedom	Joy	Peace	Simplify
Balance	Discipline	Fun	Kindness	Persevere	Strength
Believe	Embrace	Gratitude	Listen	Present	Surrender
Brave	Enough	Growth	Love	Positive	Transform
Confident	Faith	Health	Obedience	Purposeful	Trust
Creative	Flourish	Hope	Order	Release	Victory
Content	Focus	Intentional	Patience	Respect	Yield

Other words that come to mind:

MY WORD



MEANING



GOALS

