Choosing your word for the year

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What is a word for the year?

I'm not sure where the concept of choosing a word for the year came from. For me, it began with an article written by Elizabeth McKnight in 2017. The idea was to simply the traditional "new year's resolution" into just one word. An most importantly: for it to be a word that would change your actions in many areas of your life.

For example, in 2021 I was setting up Life & Light Chiropractic clinic after an incredibly challenging year where I had relocated my family and experienced a global pandemic. What word could keep me on track, energise me to grow a business while also allowing me to release much of the stress I'd experienced in 2020?

The word I chose was: *simple*

The word simple, made 2021 better. It meant that when I began to over-think my decisions (and there are lots when you start a business), I would ask myself *'how do I make this simple?'* and do that. The concept of *simple* informed everything from the decor, the booking system and how I delivered my care. Over the years all of those have developed to become richer and more complex, but at the time, simple got me started and kept me sane.

Keeping things simple allowed me to take better care of my own health during that year: choosing to exercise at home, drop diets and stick to simple healthy, home-cooked meals and allow myself the space I needed to restore after such a big shift.

By tying all of your goals back to your overarching word, it is easy to keep it front-of-mind and using it to help you lead your life in a way that serves you.

Choosing a word for the year gives you focus, inspiration, permission and courage when you need it. The word should always have a positive intention behind it, although the word itself may not be seen as easy. For exampled, the article I read by Elizabeth McKnight shared why she chose *'discomfort'* for 2017.

She wanted a year of growth: physically, personally and professionally. She wanted to embrace the discomfort of pushing herself rather than choosing the 'easy' route of avoiding it. Elizabeth wanted to consciously increase her resilience choosing this word allowed her to do that.

Choosing your word

There are no right or wrong words, and it can take time to really hit on that word (or couple of words) that feel special and inspiring to you.

Take some time to think about how you would like your life to look this time next year. If there's an area of growth in your life that you would like to see happen, something you would like to do - what word might help nudge you towards action?

The word you choose should be applicable to more than one area of your life so you can see examples where it will help you with family, health, work and relationships. Think of how you can apply this word to all areas of your life.

For example, if your word of the year was "abundance" you might have sub-goals of investing in an abundant number of friendships, or hitting an income goal, or spending more quality time with the people you love without your phone. "Discipline" could entail going to the gym, sticking to an evening routine, and no longer being late to meetings. "Ease" could mean letting yourself off the hook for a change, and having more rest. It could also mean taking on other people's drama or their responsibilities.

Last year my word was "boundaries" and I focussed on creating healthier personal and professional boundaries. It brought some challenges, but the rewards were amazing! My word for 2025 is "whole-hearted". I wanted something around truth and boldness and it's inspiring me to pursue my goals in 2025 from a place of love, and without reservation. It also means saying "no" to things that don't feel like a whole-hearted "yes". It makes me feel excited and eager to start the year and see how this word will help shape 2025!

Wholehearted

What will be your word for 2025?

(please do share it with me)!