



Word
of the Year

What is a Word of the Year & why have one?

A Word of the Year is quite simply a focus point for you, for your coming year. It is whatever you feel you need, right now, to support you, or challenge you, in the months ahead. You might also think of it as an Energy of the Year.

Your word can feel like a guide (especially in those moments when you're feeling stuck!) and you can use it to help you set goals, make decisions, choose your next step...

And maybe it will last all year. Or maybe it will feel super-useful for a couple of months and you'll change it for another - it's all good! There are no hard and fast rules... after all, this is simply you, noticing what you need right now and choosing to focus on it, for as long as it feels good and in whatever way feels good.



Hey there, I'm Sarah...

If we've not already met, here's a little about me... I'm a down-to-earth fresh-air addict, keeper of hens and mum to one fast-growing teen, living on a smallholding in rural Lancashire with my husband in a home we built ourselves. And I didn't always believe in myself.

My coaching work is all about untangling the self-doubt that holds us back and helping others build strong, sustainable belief in themselves. And as a recovering self-doubter, let me tell you, this is my dream job!

I'm talking about the kind of belief where you realise just how great you really are... begin to let go of all the procrastinating... and move forward on the path that's right for YOU.

*If you're ready to untangle what's holding you back, let's talk!
You can book a 'right-fit' call to find out if we're a good match
for 1-1 coaching: www.calendly.com/sarahlynas/30min*

or to be the first to hear about my workshops & group programmes, sign up for news at www.sarahlynas.co.uk/letters

Oh, just before we start...

I was going to include spaces for you to write in this workbook, but I decided not to in the end. Partly because I didn't want it to use up lots of paper if you do print it out (though you don't need to), but mostly because I didn't want to limit how much you write, or suggest you need to write more, depending on how much space I left for you! (Having said that, I have left one lined page in for you, which you can make extra copies of, if you're someone who likes to write in the workbook!)

Maybe you'll write your answers in a journal, or voice-record them on your phone - whatever feels good for you.

This process can be as light or as deep as you need it to be; I invite you to simply make it what you need it to be today.

Answer any or all of the questions, and add your own if something comes up that feels important to include (I'd love to hear your additional questions!)

Oh, and if you have a friend who'd enjoy this please do tell them all about it, and then point them to my website for their own copy - thank you x

Reflection

OK, let's start by looking back over the last 12 months... and of course 2020 was an unusual one to say the least, but one thing I do know is that we learn so much from our challenges! We often achieve more than we think we can and find depths we never knew we had... definitely worth reflecting on! Allow your answers to come up without judgement. and try to focus on what was within your control :)

- What went well in 2021?
- What came as a surprise?
- What did you achieve that you didn't expect to?
- And was there anything you wanted to achieve, that you didn't?

- Did you have a Word of the Year? If so, how did it work for you?

Allow yourself to celebrate your wins!

(this is one of my favourite ways to build self-belief!)

And allow any sadness, grieving or frustration too; it all goes towards making up a full & real picture of your year.

Hopes & dreams

Now looking ahead to 2022, take some time to think about what it is you'd like to be different...

- What do you want more of?
- Or less of?
- And what might you keep the same?
- What do you already have planned?
- And what would you like to be writing on your (real or imaginary) year-planner? Do you have a dream that you're ready to turn into reality in 2022?



Support & nourish

As you start to look more closely at your ideal 2021, what comes up?
Do you feel ready?

- What support do you know you need?
- And where else might you need support, that's not so obvious?
- What do you want to develop in yourself, how do you need to grow?

A simpler question might be:

- What do you need?



Words...

Looking back over all you've written, and including anything else that comes to mind (because your sub-conscious might just throw you some clues!) write down any words that jump out, or feel important. I've included a list in this workbook if you need any inspiration.

At this point I usually end up with mine spread over a whole page, and I might draw links, or group similar words as I go... write yours however it feels right for you!

And when you feel ready, choose your 4 or 5 most appealing words and write about each them...

- What does this word mean to you?
- How does it make you feel?
- What else?

Finally, let the words just be, until the right one makes itself known. Maybe your one word will be obvious straight away... or it might take a few days to settle in... either way, there's no rush to get it 'done' by any particular date!

And if one word doesn't stand out, perhaps you'll choose two that complement each other: for example in 2019, I chose Flow and Evolve; I just needed both that year!

So, you found a Word... what next?!

Hopefully you've enjoyed this thoughtful process, with some reflection and some dreaming along the way? I'd love to hear what came up!

Of course, it's what comes next that's the powerful bit! You've created yourself a focus for the year, something you can use to help you make choices, guide your path, boost you when you need it... so, what can you do to keep that focus front of mind?

Here are some ideas...

- Share it! Tell your friends that you've chosen a focus for the year
- Create a graphic and use it as your phone wallpaper
- Write it by the date each time you journal
- Include it on your vision board (ask me for workshop dates if you've not created yours for 2022 yet!)
- Use it in a hashtag on your social media (you don't have to explain why)
- Find a talisman that represent your word (a stone? a piece of jewellery?) and keep it nearby
- Or...? let me know what you choose to do!
- And please do tag me in if you share on social media!

But... what if it stops feeling like the right word?

Check in first... what's not right? You might feel it's too challenging; did you choose it for that very reason, to give you that nudge? Maybe it feels uncomfortable to follow the path it's showing you? There will be discomfort in change & growth; is change what you were asking yourself for when you picked this word?

And of course, at the end of the day, it's your word, and so yes, you can change it at any time!

Enjoy! x



words

stability
happiness
achievement
passion
future generations
honesty
equality
love
freedom
faith
home
respect
wisdom
learning
curiosity
sense of duty
authenticity
wellbeing
community
support
gratitude
inclusion
innovation
independence
security
fun/sense of humour
success
contentment
truth
fairness
friendship
choice
forgiving
wealth
consideration
intelligence
development
tradition
risk taking
rationality
vitality
cleanliness

helpfulness
determination
creativity
responsibility
inner strength
pleasure
recognition
harmony
trust
justice
connection
variety
spirituality
loyalty
knowledge
growth
order
sense of authority
positivity
decency
caring hardworking
resourcefulness
reliability
joy
relaxation
appreciation
beauty
openness
courtesy
kindness abundance
tolerance
faithfulness
insight
challenge
sense of control
protection
contribution
professionalism
service
sense of purpose
commitment
dependability
balance
calmness

ambition
comfort
empathy
dignity
companionship
adventure
humility
politeness
acceptance
competition
obedience
compassion
sense of belonging
teamwork
nature
competence
uniqueness
generosity
making a difference
accountability
courage
moderation
inner peace
ethics
being valued
movement
simplicity
expression
integrity
camaraderie
excitement
grace
serenity
time
honour
excellence
realism
patience
cooperation
virtue
nurturing
capability
solitude
quality



www.sarahlynas.co.uk

I've loved creating this for you, and hope you'll respect the time and thought that went into it.

If you know anyone else who would enjoy my work please do ask them to sign up to my weekly-ish letters at www.sarahlynas.co.uk/letters where they'll be first to hear about new launches, free resources & other opportunities to work with me.

This helps me to grow my business & help more people!

Thank you!

