

# Word of the Year

When you choose one word to remind you of the goals that you've set for yourself and your family, it creates a cue. See the word, cue yourself to remember all those good ideas you came up with in the Parenting with Intention Workbook.

Our brains seek patterns and habits in order to use less calories and conserve energy. Using one word as your cue creates the pattern your brain is seeking.

Having a one word cue prompts your brain to remember the goals you set, to remember the values you clarified.

Use your word of the year as a visual cue- put it anywhere and everywhere to remind you of what you are focusing on this year, to help you be more intentional. Hang it on your bathroom mirror, closet door, kitchen cabinet. Put your word on your planner, on your phone lock screen, in your car.

So many people set New Year's resolutions and then forget them by February 1<sup>st</sup>. Not us. We aren't buying into "new year, new me". Instead, we are focusing on what is meaningful and what matters most in our most important job- the mom job.

When you are coming up with word of the year ideas, I encourage you to look up the dictionary definitions. Write them down. Find what resonates with you most to help you stay focused on your values and your goals for 2024.

You don't have to be married to this word all year long. Choose a new word to help you stay focused on your values whenever you need to- every quarter, even every month! The word is to help you remember to stay on track and live your values.

Brainstorm your ideas here or somewhere else. Write, draw, doodle, highlight, sticker- whatever gets your creative juices flowing! I do encourage you to write and not just type however. There is some science behind physically writing things down on paper.

One of my favorite companies has a library of beautiful phone lock screens you can download for free for your word of the year. [Find that here at Cultivate What Matters.](#)

Brainstorm all the words that inspire you to live your values in 2024 here.

Now go back and circle your top 1- 3 words from this list. Complete the boxes below for all the words you are considering. Print extra copies of this page if necessary.

Word:

What it sparks in you:

Dictionary definition:

Famous quotes:

Other variations of the word:

Which of your values does it align with?

My word for 2024



My word for 2024

