

CHOOSING YOUR WORD OF THE YEAR!

the list method by @oopsadaisyuk

LOOK BACK...

What went well this year?



What do you want to do more of next year?



Picture the next 12 months, what do you want to achieve?



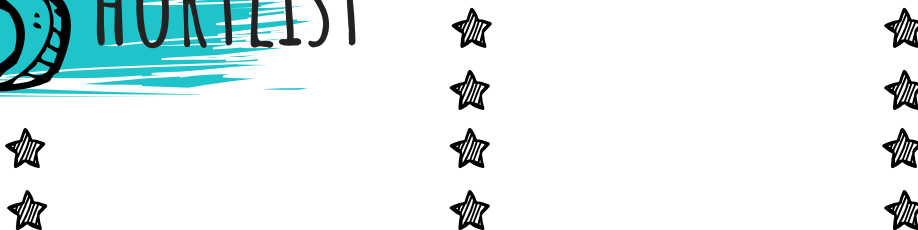
IMAGINE

How do you want to feel?



SHORTLIST

Looking at all the above, brainstorm the first 10 words that capture those feelings



Which one of the shortlist stands out the most?

Use your gut to pick your 2019 mantra!

MY WORD OF THE YEAR IS:

dictionary definition:

TARGET