Word of the Year Activity

*Intentionally* pick a word that will encourage you to be your best self this year! Intentions remind us of our values & priorities to achieve our goals, personally & professionally. This can be a simple & fluid “process”. Your words can change over the course of the year & even build onto one another.

Wild Words, a writing/blogging resource, shares insight from Forbes: “Many people fail to achieve their goals because they identify an outcome without also identifying the underlying motivation of that outcome. Without knowing your intentions, you make it too easy to sleep in instead of going to the gym, or let blogging fall by the wayside when more important things seem to come up (they always will).”

Considerations as you ponder about your word(s):

- Set an intention – How do you want to feel? What do you want to accomplish?
- Jot down options & narrow down the ones you connect with the most.
- Examples:
  - Abundant
  - Balance
  - Connect
  - Encourage
  - Grow
  - Intentional
  - Joy
  - Open
  - Patient
  - Persevere
  - Purpose
  - Rest
  - Restore
  - Renew
  - Trust
  - Truth

Your 2019 Word(s):

Reasons for your word(s):


Yes or No

To earn 10 points for this challenge, please submit this activity to wellness@uc.edu. All points are added to your portal for you the first week of the following month.

References & Resources:

- [https://www.thewildwords.com/blog/word-for-the-year](https://www.thewildwords.com/blog/word-for-the-year)