

My Life in Three Words



This is YOUR Personal Guiding Word Worksheet

Step 1: Reflection on Current Life Situation

Take a moment to reflect on your life as it stands today. Consider the following questions and write down your thoughts:

1. What areas of your life feel fulfilling or joyful?
2. What areas feel challenging or need growth?
3. Are there particular experiences or lessons from the past year that stand out?

Step 2: Brainstorming Potential Words

Based on your reflections, brainstorm a list of words that resonate with your current feelings, aspirations, and areas of growth. Aim for at least 10 words.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step 3: Word Exploration

For each word you've listed, briefly explore its meaning and impact on your life. Consider how it aligns with your goals, desires, and the areas you identified for growth. Go back to the other side of this page and expand what you did as follows....

Word

Meaning/Definition

How It Resonates with Me

Step 4: Prioritization

Now, you are on a roll! Narrow down your list to three words that resonate the most with you. Consider the following criteria for selection:

Personal Relevance: Does the word reflect where you are in life?

Vision for Growth: Does it align with your aspirations for the coming year?

Spiritual Alignment: How does it connect to your faith journey?

Choose your top three words:

1. _____
2. _____
3. _____

Step 5: Commit to Your Words

Reflect on your top three words and consider the following:

**What actions can you take this year to embody these words?
How can you remind yourself of these words regularly (e.g., journaling, affirmations)?**

Pray or meditate on your chosen words, asking for guidance and strength to live them out