

My Challenge Word for the Year !



This is YOUR Personal Guiding Word Worksheet One-Word Challenge Worksheet

Step 1: Reflect on Your Spiritual Journey

Begin by reflecting on your spiritual journey over the past year. Answer the following questions to gain clarity on where you are and where you want to go:

1. What has God taught me this past year?

2. In what areas do I feel called to grow spiritually?

3. What dreams or visions do I have for my life in the coming year?

Step 2: Identifying Key Themes

Consider the insights from your reflections and identify key themes that resonate with you. Write down any words or phrases that come to mind that capture these themes.

1

2

3

4

5

Step 3: Word Brainstorming

From the themes identified, brainstorm a list of potential words that encapsulate your vision and intentions for the year. Aim for at least 10 words.

Step 4: Evaluating Each Word

For each word on your list, take a moment to evaluate its significance. Consider how it aligns with your spiritual journey, vision, and practicality in daily life.

Step 5: Narrowing Down Your Choices

Now, narrow your list down to three potential words that resonate the most with you. Reflect on their significance and how they can guide your life for the year ahead.

1. _____
2. _____
3. _____

Step 6: Final Selection

Choose one word from your top three that you feel most strongly connected to. This will be your challenge word for the year.

My One-Word:

Step 7: Daily Prayer and Application

To help you live out your chosen word, consider the following:

Write a short prayer that incorporates your word

List practical ways to incorporate this word into your daily life:

**How will you remind yourself of this word throughout the year?
(journaling, affirmations, visual reminders)**