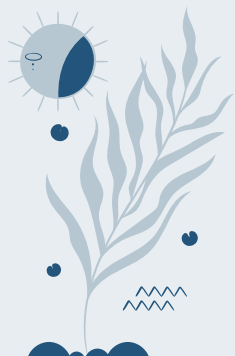




WORD OF THE YEAR PLANNER

2026





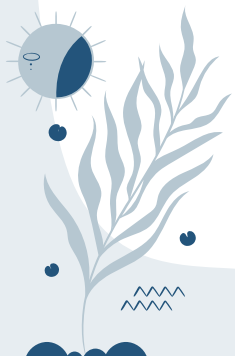
SELECTING A WORD OF THE YEAR

A WORD OF THE YEAR CAN HELP PROVIDE FOCUS, GUIDE YOU AND GIVE YOU HOPE. FOLLOW THIS WORKSHEET TO COME UP WITH YOUR OWN WORD OF THE YEAR.

REFLECT ON LAST YEAR.

WHAT HAPPENED? WHAT DID YOU ENJOY? WHAT DID
YOU LEARN?

WHAT'S MISSING? WHERE DID YOU STRUGGLE? WHERE
DID YOU FEEL STRESSED?

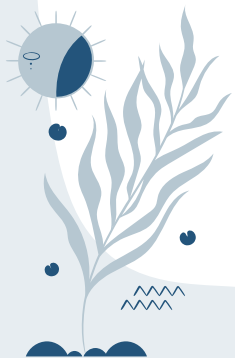




SEE YOURSELF IN THE FUTURE.

HOW DO YOU WANT TO FEEL?

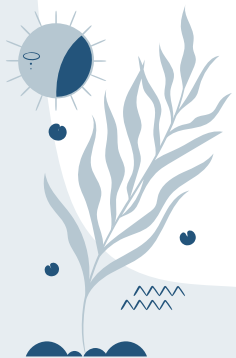
WHAT DO YOU WANT TO GROW OR CREATE?



LET'S GET TO BRAINSTORMING

BRAINSTORM WORDS THAT CAPTURE YOUR FEELINGS
AND HOPES FOR 2026.

GOOGLE ANY WORDS. USE THE THESAURUS TO COME UP
WITH WORDS. EVEN CHECK THE SAMPLE LIST OF WORDS
IN THIS WORKBOOK.





LET'S NARROW IT DOWN.

LOOK BACK OVER YOUR BRAINSTORM LIST. PICK YOUR TOP 3 WORDS AND WRITE THEM BELOW.

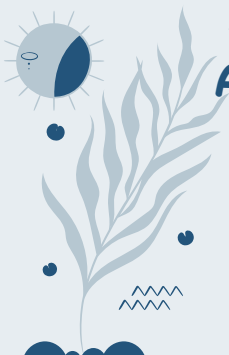


OKAY. MAYBE YOU DIDN'T WANT TO PICK ONLY 3. HERE IS ONE MORE SPACE TO ADD ANOTHER WORD.



NOW WE WAIT.

SPEND THE NEXT COUPLE OF DAYS LOOKING AT THESE WORDS TO SEE IF ANY ONE STANDS OUT AND MAKES YOU EXCITED.



ALMOST TIME TO PICK.

LOOK BACK AT YOUR WORDS ON PAGE 4. ASK YOURSELF THESE QUESTIONS.

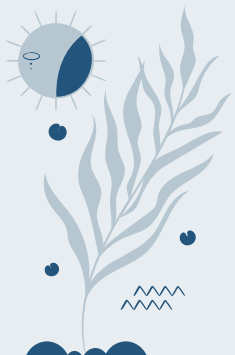
WHICH WORD MAKES YOU REALLY SMILE? HAPPIEST?

WHICH WORD ENERGIZES YOU THE MOST?

WHICH WORD MADE YOU TRULY EXCITED FOR THE YEAR AHEAD?

NOW IT'S TIME TO PICK YOUR WORD!
WRITE IT BELOW.

MY WORD FOR 2026 IS . . .



WORD OF THE YEAR SAMPLES.

HERE ARE SOME SAMPLE WORDS OF THE YEAR. DO NOT FEEL LIKE YOU HAVE TO USE ONE OF THESE. THEY CAN JUST BE A STARTING POINT, A WAY TO HELP YOU BRAINSTORM.

ABUNDANCE

ADVENTURE

AUTHENTIC

BALANCE

BOLD

CALM

CHANGE

CLARITY

COMPASSION

COURAGE

DETERMINATION

DRIVEN

EMPOWER

FAITH

FEARLESS

FOCUS

GRATEFUL

HAPPINESS

HEALTH

INSPIRE

INTENTIONAL

JOY

KINDNESS

OPTIMISTIC

PATIENCE

PERSEVERANCE

PERSPECTIVE

PIVOT

PRESENT

PROGRESS

PURPOSE

RECHARGE

REFLECT

REFRESH

RENEW

RESILIENT

REST

SERVICE

SIMPLIFY

STRENGTH

SURRENDER

THRIVE

