# Choose Your Guiding Word for the Year

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This worksheet will guide you in choosing your guiding word for the year. Reflect, align, and inspire yourself for a successful and meaningful year ahead.

## Step 1: Reflect on the Past Year

Think about the highs, lows, and lessons of the past year.

Use prompts like:
- What were my biggest accomplishments?
- What challenges did I overcome?
- What values felt most important to me?

Write your reflections here:

## Step 2: Envision the Year Ahead

Visualise what you want to achieve and how you want to feel in the coming year.

Use prompts like:

- What do I want more of in my life?
- What do I want less of?
- What feelings do I want to cultivate daily?

Write your vision here:

### Step 3: Identify Patterns and Themes

Review your reflections and look for recurring words, feelings, or ideas that stand out.

Write key patterns and themes here:

### Step 4: Choose Your Guiding Word

Identify a word or short phrase that encapsulates your aspirations. Ensure it aligns with your values and inspires you.

Write your guiding word here:

### Step 5: Bring Your Word to Life

Make your guiding word part of your daily life. Write it somewhere visible, create a vision board, or use it as a daily affirmation.

Write how you will embody your word here:

### Step 5: Bring Your Word to Life

Create some affirmations that will keep you grounded and reminded of your guiding word daily.

## Example Affirmations

- I align my actions with my vision and values.
- I trust the process of growth, knowing each step brings me closer to my goals.
- I honor my well-being by balancing effort with recovery and self-care.
- I am open to meaningful connections that complement my path.

## How ChatGPT Can Help You Create Your Guiding Word

Using ChatGPT can make the process of choosing your guiding word easier and more creative.

Here's how you can use it effectively:

1. **Generate Ideas:** Ask ChatGPT to brainstorm potential guiding words based on your reflections and vision for the year. Cut and paste them into Chat GPT and then ask:

Example: 'ChatGPT, can you suggest some guiding words based on my goals of staying balanced, achieving professional growth, and building meaningful relationships?'

2. **Test Your Word:** Share your chosen word with ChatGPT and ask for its interpretation.
Example: 'ChatGPT, what does the word "Harmony" convey in terms of personal and professional growth?'

3. **Create Affirmations:** Use ChatGPT to craft affirmations aligned with your guiding word.
Example: 'ChatGPT, create daily affirmations for me based on the word "Momentum."'

4. **Visualisation:** Ask ChatGPT to describe or help you imagine how your guiding word can look as part of your daily life.
Example: 'ChatGPT, help me visualize how I can embody "Grounded Growth" in my routine.'

## Share you Guiding Word for the year with me!

Email me hello@helenpackham.com or send me a DM on Instagram @helenpackham or on Facebook @helenpackham1

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