



word of the year: progress sheet

Every year, I pick a word of the year to guide me through the next 12 months – a sort of mantra that helps remind me how I want to show up in the year, that I turn to whenever making any decisions. ([You can find a worksheet to help you discover your word of the year here.](#)) This worksheet is for checking in with your word – to help you stay on track.

1. What are some of the ways your word has manifested for you since the beginning of the year?

Think about your word of the year. What has happened over the past couple of months that is evidence of your word? Go through your calendar, journal entries or even your smart phone photo archives over the past two months for evidence of your word manifesting – go back a few months before that, if necessary – and write down what you’ve discovered below. Do not be worried if you can only find one or two things – we’re only 9 weeks into the new year, after all!



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2. As you look at the evidence above, what did you do to contribute to those events manifesting?

What did you do to help that evidence happen? If your word is “gratitude,” did you start a gratitude practice? If it was “joy,” did you arrange an event – happy hour with friends, date night with your partner – that brought you joy? No matter how big or small your action, what are some things you did to help manifest that event? Were there times where you stood in your core values to make those events happen? Record them in the space below.



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3. Think about what's ahead, through the next 3-4 months. How can you continue to manifest your word of the year, by doing more of what you found helpful, that you recorded in question (2)?

As you look over your evidence in question (1) and what you did to help make it happen in question (2), how can you do more of what brought you success over the next 3-4 months? Is there another "supporting" word or phrase of the year that is emerging (E.g., my word of the year is "independence," and a phrase that seems to keep showing up as the weeks go by is "black magic," because there are some uncanny and unexpected events that are happening, as part of how "independence" is showing up in my life – weird, but true!) Is there a way you can use your skills and talents that your supporting phrase is pointing you to? Make a list of those skills and activities here. And don't forget to incorporate them in your to-do lists!