

# What's your WORD?

NAME \_\_\_\_\_

To get your year off to a great start and headed in the right direction, choose a word to become your "WORD GOAL" for the year. A word goal is a word that helps you focus on an area of your life on which you want to improve, grow, or do more.

## DOs AND DON'Ts

### A Few Possibilities:

FRIENDSHIP  
HONESTY  
ORGANIZATION  
READING  
KINDNESS  
BALANCE  
FOCUS  
HEALTHY  
LEADER  
RESPONSIBLE  
PATIENCE  
GIVE  
CONFIDENCE  
HELPFUL  
PERSEVERANCE  
FLEXIBILITY

**DON'T:** Choose a word for a strength you *already* have.

**DO:** Brainstorm several choices before deciding on your word goal.

**DON'T:** Base your word goal on what other people are choosing.

**DO:** Choose a word that will help you become the best you.

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Brainstorm a list of 6 possible word goals for yourself:

- |         |         |
|---------|---------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |

Give some thought to each word on your list. Choose your word and record it in the bubble. Then complete the planning at the bottom.

**1** What is your  
ONE WORD goal?

**2** What are TWO REASONS  
for choosing this word?

**3** What are THREE ACTION STEPS  
you can take to meet your goal?