

MY ONE WORD

# *Resolution*



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# *My One Word Resolution*

Thank you for downloading this booklet.

The one word resolution is a beautiful concept, as it helps you focus on a deep change that will often overflow into the rest of your life. I also find that the one word resolution simplifies the decision-making throughout the year. For instance if I chose the word "love" I can ask myself before committing to an activity or purchasing something, if it's something that will move me deeper into loving others.

As always, I encourage you to spend some time in prayer before working through this booklet. I pray that the Lord will guide you and teach you throughout the year. May your one word be inspired by Him.

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Look back at the past year. What were your **happiest moments**?

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What were your **greatest challenges** in the past year?

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What inspires you most?

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Take a look at this list of words. Which words speak to you the most? Highlight or circle those words.

Love	Trust	Faithfulness	Commitment	Forgiveness
Thankfulness	Joy	Courage	Honesty	Listen
Heal	Inspire	Simplify	Serving	Goodness
Gentleness	Diligent	Willing	Steward	Caring
Helpful	Open	Rest	Fruitful	Hope
Quiet	Self-Control	Compassion	Patience	Purpose
Kindness	Grace	Wisdom	Vision	Strength
Renew	Slow	Submission	Grow	Intentional
Understanding	Prayerful	Humble	Devotion	Obedient
Family	Responsive	Peace	Steadfast	Mercy
Loyalty	Security	Generosity	Attentive	Hospitable
Abide	Contentment	Holiness	Discretion	Virtuous
Discipline	Integrity	Meekness	Connecting	Sincerity

Please don't feel like you're limited to this list. Feel free to brainstorm additional words below.

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After some thought and prayer, select your word and write it in the space below. Make it BIG - feel free to colour or embellish it!

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Find scriptures or quotes that contain this word:

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Lastly, I encourage you to pray about your word. Ask God to show you how to live this word in the coming year. Make sure to tell others about your word too - accountability is a beautiful thing!