

FROM

DREAMERS

TO DOERS

✦ with Beth ✦

# PODCAST ON A PAGE

How to Choose your Word of the Year.

*"It's not hard to make decisions  
once you know what your values are."  
- Roy Disney*



## Consider Your Values

Ask yourself what it is important to you. It's critical your word reflects this so you can use it to make decisions that are authentically you.



## Ask the Right Questions

The right questions will lead you to your word. Why not try these:

- How do you want to feel throughout the year and looking back?
- How do you want to approach what lies ahead?
- What do you want the outcome to be?



## Embrace Your Thinking Place

Find an inspirational place to allow yourself time to think about your word. Perhaps take a walk, sit in your garden or snuggle up on the sofa.



## Celebrate Your Word

Display it in your office or on the fridge: anywhere you'll see it regularly! Your word is a consistent reminder of your baseline for the year.

*Chosen your Word of the Year?*

*Share it with me at [beth@bethhale.com](mailto:beth@bethhale.com) or on  @cravingconnections*

*If you'd like a bespoke print of your word, include 'I am a Dreamer & a Doer' in your message!*



PODCAST EPISODE 18



How a Single Word  
can Change your Year