



## R.E.A.L. Goal<sup>SM</sup>: Word of the Month

*(Realistic, Easy, Attainable, Life Goals)*

**Example:** I will choose a word that is meaningful to me and will become my focus for the month.

**Background:** Upwards of 80% of New Year Resolution makers do not follow through with their plan. Instead, choose a single word that will become your focus for the month.

### What Word Should I Choose?

- Think about where you are today and where you would like to be in a month.
- Think about who and how you need to be to get closer to what you want.
- What word might encourage you to be your best self?

### Selecting Your Word

- Sit quietly and see if a word comes to mind
- Review the wordlist provided for inspiration

### Now What?

- Create something that visually captures your word
  - Make a piece of art to hang
  - Print your decorative word, frame it, and place it in a prominent area
  - Use the word or a photo representing the word as your phone and/or computer screen saver
  - Put post-it notes with your word around the spaces you use (work, home, car)
- Write about why you selected your word
  - Why did you select your word?
  - What do you hope to discover about yourself?
  - Use the eight dimensions of wellness as a guide.
    - How will you represent your word in each area (Emotional, Environmental, Financial, Nutritional, Personal/Professional, Physical, Social, Spiritual)
- Use your word as a mantra
  - Start and end your day by thinking about how this word influenced your actions and behaviors for the day.
    - Did you learn anything new about yourself?
    - Were there situations or emotions that shifted focus away from your word?
      - Would the active practice of your word change the outcome?
      - Any thoughts about how to bring awareness back to your word in challenging moments?

## Reflection and Reselection

- At the end of the month, self-evaluate where you were and where you are now with the help of your word.
- Journal or write your thoughts on the visual word you created for closure and future reflection.
- Set a calendar reminder at the end of the month to select a new word or continue with the word you selected.

## Words for Inspiration

Acceptance	Care	Do	Gratitude
Achieve	Celebrate	Elevate	Grounded
Act	Challenge	Embrace	Grow
Adventure	Change	Emerge	Happiness
Align	Cherish	Enjoy	Heal
Anchor	Choose	Enough	Heart
Appreciate	Comeback	Experiment	Inspire
Balance	Compassion	Explore	Integrity
Be	Complete	Faith	Intention
Begin	Compose	Fearless	Invest
Believe	Connection	Finish	Journey
Better	Courage	Flourish	Joy
Bloom	Create	Focus	Kindness
Bold	Curiosity	Forgiveness	Laughter
Boundaries	Cultivate	Forward	Learn
Brave	Declutter	Future	Less
Breathe	Decrease	Gentle	Listen
Bright	Delight	Give	Live
Build	Devote	Go	Make
Capture	Discipline	Grace	Meaningful

Mercy	Peace	Relax	Surrender
Mindful	Persevere	Release	Thrive
Moment	Play	Renew	Time
More	Positivity	Reset	Treasure
Move	Possibilities	Revive	True
Myself	Practice	Risk	Trust
No	Prayer	Savor	Understand
Nourish	Prepare	Seek	Unlimited
Nurture	Presence	Share	Value
Observe	Progress	Show up	Wander
Open	Purge	Simplify	Wellness
Order	Purpose	Smile	Whole
Organize	Quiet	Speak	Wholehearted
Overcome	Refresh	Strengthen	Wisdom
Patience	Reclaim	Strong	

To choose another goal, go to: [prevea360.com/realgoals](https://prevea360.com/realgoals)

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