

FIND YOUR word of the year

While New Year's resolutions might be popular, they often don't last past January. This year, skip the resolutions and try a word of the year instead.

A word of the year is a single word that serves as a guide or theme for what you would like to focus on this year. Examples include joy, passion, fearless, and courage.

Here's a process to find your word:

- Reflect on what you hope the upcoming year will look like.
- Ask yourself some questions:
 - This time next year, what do I want to have achieved?
 - What do I want more or less of in my life?
 - How do I want to spend my time?
 - What aspects of myself do I need to nourish?
- Brainstorm a list of words.
- Narrow it down to two or three that most resonate with you.
- Give yourself a week or two to reflect on your shortlist and then choose one word as your word of the year.