

## Find and Embrace God's Ideal Word for You!

Please join my [Facebook MPoWeR Group](#) and once you are accepted – click on Guides – Guide 1 to see videos going deeper into the steps, as well as get support from others doing this! Guide 2 is me walking through the steps to find my word of the year. I hope to see you there. 😊

### Step 1 - Find a Bunch of Words

#### Simple Steps

1. Say a prayer and let God know you want Him to help you pick out your ideal word for next year. Let Him know you are going to take a few steps to work through the process and will take time to ponder and would really like His help as you narrow down your choices.
2. Print List of Words – (List of words at end of this document)
3. Read the words and circle the words that jump out for you.

Right now, it is just about circling words, as many as you want. No commitment here. Just fun!

#### Bonus Step:

1. Ask your friends if they have ever picked a word for a year? Did they remember what it was? If you like it add it to your sheet and circle it!

### Step 2 – Narrowing Down the Words

Yesterday we circled a bunch of words that jumped out at us, after praying and asking for God's guidance, today we are going to narrow those down to 3-5 words.

#### Simple Steps

1. Say a brief prayer and let God know you are on your second step of finding the word He wants for you. Ask for His guidance in narrowing them down.
2. Write down all the words you circled yesterday on a fresh piece of paper. Writing is so powerful, because it gets our body involved in the process. Our bodies are tools that God gave us; He loves it when we use them purposefully.
3. Take some deep breaths. Ponder... How did it feel to write those words? Did any of them feel really powerful as you wrote them? Were some of them harder to write?
4. Take another deep breath.
5. Circle 3 of the words that jumped out at you as you wrote.

#### Bonus Step

Write down some feelings or thoughts you have about the words you circled.

The key to narrowing down your words is to allow yourself the freedom to choose along with allowing yourself to be open to the Spirit leading you to a word you maybe wouldn't have circled on your own. Don't worry, that doesn't mean it is your word. By circling it, you are just allowing it to be an option. That is safe.

### Step 3 – Preview the Calendar and Pick Your Word

Over the last couple of days you went from a bunch of words, down to 3, but you might be wondering how do I pick the best one and then really embrace it?

Hey, I don't blame you! Today is the day and it can feel a bit big, am I right?

Today I'm going to show you how to let the calendar help you - now if you're not ready don't stress. I'm going to break it down to some easy steps to narrow your list down to one word.

It is OK, because I will show you how you can incorporate other desired words into the final word... that will happen tomorrow. But hopefully knowing this can make it easier to circle just the one today.

#### Simple Steps

1. Say a brief prayer and let God know you are ready to find the word HE wants for you to have for next year. Let Him know you have narrowed it down to a few and could use His help to gain clarity.
2. Print out next year's Calendar. Take time to think ponder on your year ahead. What big things do you have planned? (Check out Bonus Step – pencil big things in if you want) <http://pdfcalendar.com/> is the place I like to print my calendars for things like this. Don't over think things.... Just look and briefly think about the upcoming year.
3. Take a Deep Breath.
4. Write on the back of the calendar the circled words from yesterday.
5. Take another deep breath.
6. God knows what is on your calendar and He also knows what isn't yet on your calendar but will be. He knows what word will help you the most.
7. Take another deep breath.
8. Draw a Circle in the middle of the page.
9. Write the words you circled yesterday around the empty circle. Like it is a wheel, and the words are the spokes.
10. Take a Deep Breath.
11. Pray and ask God, which is the Ideal word for You this year?

He will let you know. Each person will have their own unique experience of this. If you need help with this, head over to the Facebook group for a video to help. I will guide you through a brief visualization to help with clarity, as well as other tips.

12. Write the word in the circle. (If you really like the other words too, that is OK. You will learn how you can incorporate them over the next few days.)

#### Bonus Step

1. Pencil in on your calendar the big things you know are coming.
2. Pencil in the things you would like to come this year!

Just like that you've let God help you pick your word. Listen, you aren't done. Even if you already LOVE your word, I have some great tips in store for you the next few days to help you really embrace this gift you have just received.

## Step 4 – Embrace Your Word

### Simple Steps

1. Say a brief prayer and Thank God for helping you pick out your ideal word for next year. Ask Him to help you learn how to embrace this word.
2. If you are really struggling with this word – do the scribbling exercise I explain in my podcast - <http://sheridanripley.com/21-7-steps-to-scribble-out-emotions-and-stress/> I also demonstrated it on a video and is uploaded to the [Facebook MPoWeR page](#). Do that exercise. It will really help.
3. Once you feel good or at least neutral about your word, write it nice and big on a new paper and your bonus words around it and if you want color it to make it pretty! 😊
4. Get up and move around.
5. Take a Deep Breath
6. Write down some thoughts about your word and how you can incorporate it into your life. How can this word help you next year?

### Bonus Steps

1. Look up the definition of your word.
2. Find a book or blog post about your word.
3. Dive a little deeper.
4. Find a Scripture or Talk that references your word. Do you know about the LDS Citation App? It is AMAZING! Download it now and your mind will be blown. I will talk more about how I use it on the video.

## Step 5 – Create a Daily Affirmation

After this step not only will you have found the Word God Wanted for You and embraced it, you will also have learned how to keep your word in your daily life.

Have you ever heard "the fortune is in the follow up"? Having God give you a word and then forgetting about it would be silly.

### Simple Steps

1. Say a brief prayer and Thank God for helping your find your word. Ask God to help you come up with a phrase or affirmation that you can use every day to help you apply the word as you go throughout the year. Since God helped you pick out this word, you want to honor it by using it!
2. Create a sentence/affirmation that will help this word come alive and really see how to use it in your life. This is where some of those other words may come in handy. Look at your page from yesterday, what bonus words jump out at you and how can you incorporate them into your affirmation?
3. Make sure your affirmation is phrased in a positive way.
4. Find a picture that represents this affirmation for you.
5. Print it out and write your affirmation underneath it.
6. Post it somewhere you will see it every day.
7. End with a prayer of gratitude for your word and for next year!

### Bonus Step

Write your word on your wrist with a sharpie. (Or ask a friend to). It is a fun way to start the year, with your word on your wrist. It will fade after a few days, but you will remember writing it upon yourself, like God can write it in your heart.

# Possible Words for the Year

	A	B	C
<b>1</b>	Accept Admire Aligned Allowing Appreciative Asking	Gentle Genuine Gratitude Grounded Grow Handle Change	Obedience Observe Open Optimistic Orderly Patience
<b>2</b>	Authentic Awareness Balanced Beautiful Bold Calm	Happy Harmonious Health Honorable Honesty Hope	Peace Perceptive Perseverance Productive Protected Push
<b>3</b>	Caring Cautious Charity Change Cheerful Clarity	Humble Imagination In Control Independence Innocent Intelligent	Receive Redeemed Remember Renewed Repent Report
<b>4</b>	Compassionate Confident Considerate Cooperative Courageous Dependable	Intuition Kind Letting Go Liberated Light Listening	Sabbath Self-Control Sensitive Smart Spiritual Stable
<b>5</b>	Discernment Disciplined Ease Encouraging Energetic Enlightened Faith	Logical Love Loving Meek Merciful Methodical	Strength Sympathy Teachable Tenderhearted Trust Understanding
<b>6</b>	Flexible Forgive Free Fulfilled Generous Quiet	Mighty Miracles Modest Motivated Noble Nurturing	Upheld Virtuous Whole Wisdom Wise Worthy

FIND YOUR WORD

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