



Word of the Year Planner

Use this powerful intention setting tool to discover your Word of the Year.

What's your soul yearning for? Focus on the feeling that you want more of in your life and set yourself up for success!

Word of the Year is about welcoming the opportunities that will create the life that you desire this year. Choose a word that's the best fit for creating the feeling that you want to describe the upcoming year. Let it guide everything that you do.

What 3 words best describe the feeling that I would like to have this year?

Imagine feeling each of these feelings. How would it be to have them intentionally guiding your life? Which word speaks to me the most? Write it here >>

How will my life be different when I feel this way?

How does not feeling this way show up in my life today?

How does feeling this way show up in my life already?

Why is this important to me?





Your word of the year

What 3 things might derail me from working on this feeling?

When I hit a roadblock, what 3 things can I do to remind me of this feeling I want to have guiding my life?

What's the very first thing I can do to create more of this feeling in my life right now?

DID IT!

What's the next thing I can do to create more of this feeling?

DID IT!

What's the next thing I can do to create more of this feeling?

DID IT!

Now you've got the picture...take it one step at a time, and keep asking yourself what's the next thing I can do to create more of this feeling? Keep going!

If you have any questions, or to schedule a complimentary get acquainted call, email me at denise@denisefountain.com. I'm here if you'd like support in manifesting your best year yet!

