

Key Focus Words

Below, list 10 words that you would like to expand in your life or attract more of in your life. This exercise will get you thinking clearly about what your current priorities and desires are.

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| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Below, choose the 3 words from the list above that stand out to you the most. You should feel a pull toward them in your inner-core when you look at them.

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| 1. | 2. | 3. |
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The above 3 words are your current areas focus. Write them down somewhere you will see them frequently. Look to align the things, experiences, and goals currently in your life with one or more of these 3 words. Filter out things from your life that are not in alignment with your priorities and the version of your life you are creating. Repeat this exercise any time you feel you would like to re-evaluate your direction and focus.

If you wish to narrow down your words to just one singular focus for a time, choose the one that resonates the strongest from the 3 above. This is your current word. This exercise is also excellent for choosing a word of the year. Use this word to bring your life into alignment with what you desire to experience and create.

My word is: