

“The journey of  
a thousand miles  
begins with a  
single step.”

**Lao Tzu**

# Getting Started

## MY ONE WORD

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Reasons I chose this word:

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Life-change I hope to experience this year because of my word:

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Why it is important to others that I live out this word:

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Ways I will keep my *One Word* front and center:

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Key quotes or scripture verses that emphasize my *One Word*:

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My “stretch team”—the people who know me best and are willing to help encourage me as I make progress:

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\_\_\_\_\_ Check here when I've shared my *One Word* with them.

Brief description of how they all responded to what I shared.

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“You don’t have to  
see the whole  
staircase, just take  
the first step.”

**Dr. Martin Luther King Jr.**

# Six Dimensions

Your *One Word Journey* will touch on all six dimensions of your life: physical, mental, emotional, relational, financial, and spiritual. Every dimension is integrated with the others.

## Physical

Improvements in your physical health tend to make every other area of life better. Physical health involves your body—things like diet, exercise, and even sleep; it can directly affect your mindset, energy, and enjoyment of life.

## Mental

Mental health encompasses the way you think, which leads to how you feel and act. The direction of your life can usually be traced back to the quality of your thoughts. Focusing on your mindset improves the way you experience most of life.

## **Emotional**

Emotional life revolves around how you feel about things, and emotions will influence what you believe and what you do. Identifying and processing feelings like joy, fear, sadness, and anger are part of the emotional journey.

## **Relational**

The quality of your relationships and the level of connection you have with others affects your quality of life. Relationships to consider include family, friends, teammates, coworkers, neighbors, church members, and others with whom you connect with on a consistent basis.

## **Financial**

Money and finances have a way of both blessing our lives and causing us stress. Making progress in your financial life gives you opportunities to live your best life and be a blessing to others.

## Spiritual

Belief, faith, and connection to God can change you from the inside out. As author and pastor A. W. Tozer put it, “What comes into our minds when we think about God is the most important thing about us.” This dimension gives you a sense of mission and meaning and leads to a satisfying, purposeful, and fulfilling life.

Each week, reflect on how your *One Word* is impacting each dimension, how the dimensions are impacting each other, and which dimension needs to grow the most.

“The object of a  
New Year is not  
that we should  
have a new year.  
It is that we should  
have a new soul.”

**G. K. Chesterton**

## EXAMPLE ENTRY

WEEK: Jan 1-7, 22 MY ONE WORD: unstoppable

## WEEKLY FOCUS

### RENEW YOUR FAITH

*You are not an accident. You have a purpose. As you start your One Word journey pray for wisdom and insight. Renew your faith and trust in God's bigger plan for your life.*

What areas need my *One Word* **the most**?

- |  |                                     |
|--|-------------------------------------|
| <input checked="" type="checkbox"/> Physical | <input type="checkbox"/> Emotional  |
| <input checked="" type="checkbox"/> Mental   | <input type="checkbox"/> Relational |
| <input type="checkbox"/> Spiritual           | <input type="checkbox"/> Financial  |

Why? I want to change my limiting beliefs  
that are holding me back. (Mental)

I need a breakthrough on my health goals to lose  
weight and change my habits to get it done.  
(Physical)

## EXAMPLE ENTRY

I will put my *One Word* **into action** by...

#1 Paying attention to my thoughts, including doubts and fears.

#2 changing "can't do" into "can do" statements.

#3 Adding a 15-minute brisk walk every morning.

I will **impact others** with my *One Word* by...

#1 Sharing the changes I'm making with my mindset with my spouse and kids.

#2 Encouraging my inner circle to discover their one word for the year and sharing my one word with them.

## EXAMPLE ENTRY

### WEEKLY EXPERIENCE

Lessons and insights I learned this week **living my *One Word***...

#1 I discovered that by paying attention to my patterns of thinking, I can make positive changes.

#2 Negative thoughts make me "stoppable," but by turning them into positive statement, I can change direction and make progress.

#3 By taking small steps consistently, I can make big changes.

#4 I was reminded by the Weekly Tip to have unstoppable faith and trust in God.

## EXAMPLE ENTRY

The **blessings and challenges** of living my *One Word*...

#1 The biggest blessing has been involving family and coworkers and encouraging them to do one word too.

#2 The biggest challenge was realizing that this process and journey is going to be hard but that it will also be rewarding and bring growth and progress.

## WEEKLY WIN

Sticking to my commitments of controlling my thoughts and sharing with my family, friends, and teammates.

WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### RENEW YOUR FAITH

*You are not an accident. You have a purpose. As you start your One Word journey pray for wisdom and insight. Renew your faith and trust in God's bigger plan for your life.*

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- |                                    |                                     |
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| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_

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I will put my *One Word* **into action** by:

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I will **impact others** with my *One Word* by:

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The **blessings and challenges** of  
living my *One Word*:

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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### PAY ATTENTION

*Intentionality with your One Word will open your eyes and heart to see what you've missed before now. Pay attention to what you see.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
| <input type="checkbox"/> Mental    | <input type="checkbox"/> Relational |
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

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I will put my *One Word* **into action** by:

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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### EMBRACE THE STRUGGLE

*Pain is not meaningless. Every struggle comes with purpose. Apply your One Word to the areas that are bringing you the most stress this week.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_

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I will put my *One Word* **into action** by:

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I will **impact others** with my *One Word* by:

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## WEEKLY EXPERIENCE

Lessons and insights I learned this week **living my *One Word***:

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The **blessings and challenges** of  
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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### CHARACTER COUNTS

*How often do you stop to reflect on your character?*

*Where is it strong? Where do you need to develop?*

*Look for how your One Word plays a role.*

What areas need my *One Word* **the most**?

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|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_

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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### MAKE A DIFFERENCE

*You were made to make a difference in this world—to leave it a little better than you found it. There is purpose for your life. Your One Word will help reveal it.*

What areas need my *One Word* **the most**?

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|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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Why? \_\_\_\_\_

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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### FIND A CAUSE

*A cause is something bigger than yourself. Joining a cause can bring passion, purpose, and meaning. Reflect on what causes your One Word is leading you to.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
| <input type="checkbox"/> Mental    | <input type="checkbox"/> Relational |
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_

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I will put my *One Word* **into action** by:

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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### FIGHT DISCOURAGEMENT

*Negativity and pessimistic thoughts often bombard us, and they lead to discouragement. Use your One Word to fight this, and instead find encouragement.*

What areas need my *One Word* **the most**?

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| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
| <input type="checkbox"/> Mental    | <input type="checkbox"/> Relational |
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_

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The **blessings and challenges** of  
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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### BELIEVE YOU CAN

*A “can do” spirit accomplishes anything. Positivity helps you make forward progress. Consider how your One Word can help you say yes this week.*

What areas need my *One Word* **the most**?

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|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
| <input type="checkbox"/> Mental    | <input type="checkbox"/> Relational |
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_  
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I will put my *One Word* **into action** by:

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I will **impact others** with my *One Word* by:

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# WEEKLY EXPERIENCE

Lessons and insights I learned this week **living my *One Word***:

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The **blessings and challenges** of  
living my *One Word*:

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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### CUT DISTRACTIONS

*Notifications, pings, and dings are relentless; they can interrupt us when we're on a roll. How can you remove distractions and focus on your One Word?*

What areas need my *One Word* **the most**?

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| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
| <input type="checkbox"/> Mental    | <input type="checkbox"/> Relational |
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_

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I will put my *One Word* **into action** by:

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The **blessings and challenges** of  
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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### CELEBRATE

*Life is full of things worth celebrating. From special occasions to small wins, celebrations make life full. How can your One Word help you celebrate?*

What areas need my *One Word* **the most**?

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|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
| <input type="checkbox"/> Mental    | <input type="checkbox"/> Relational |
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_

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I will put my *One Word* **into action** by:

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## WEEKLY EXPERIENCE

Lessons and insights I learned this week **living my *One Word***:

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The **blessings and challenges** of  
living my *One Word*:

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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### FIND SMALL WINS

*Always build in ways to pause, review your incremental progress, and appreciate how far you've come. Find joy by acknowledging your small wins.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
| <input type="checkbox"/> Mental    | <input type="checkbox"/> Relational |
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Why? \_\_\_\_\_

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I will put my *One Word* **into action** by:

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The **blessings and challenges** of  
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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### CONNECT TO KEEP GOING

*Everyone gets discouraged and needs connection to snap out of it. Pick someone in your inner circle and share your One Word progress so far.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_  
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I will **impact others** with my *One Word* by:

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The **blessings and challenges** of  
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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### CHECK IN

*Don't overestimate the power of your stretch team. They can help you keep your One Word goals on track. Check in with them to share how it's going.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
| <input type="checkbox"/> Mental    | <input type="checkbox"/> Relational |
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_

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The **blessings and challenges** of  
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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### MONITOR FOR BURNOUT

*A fast pace can lead to burnout and discouragement. Your One Word will bring you life. In what areas are you feeling burned out? Make a plan to go slower.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
| <input type="checkbox"/> Mental    | <input type="checkbox"/> Relational |
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_

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## WEEKLY EXPERIENCE

Lessons and insights I learned this week **living my *One Word***:

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The **blessings and challenges** of  
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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### REMEMBER YOUR “WHY”

*Why did you choose your One Word? What motivated you to dive into this journey? Remember your “why” to find momentum to keep going.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
| <input type="checkbox"/> Mental    | <input type="checkbox"/> Relational |
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_

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The **blessings and challenges** of  
living my *One Word*:

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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### KEEP IT FRESH

*Find someone new with whom to share your One Word, someone who hasn't heard it before. Tell them why you chose it and the impact it's made on your life so far.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
| <input type="checkbox"/> Mental    | <input type="checkbox"/> Relational |
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_

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I will put my *One Word* **into action** by:

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The **blessings and challenges** of  
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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### DEFINE SUCCESS

*Some say success is winning over losing. Some say it's completion. Some say it's doing the right things consistently over time. How do you define it?*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
| <input type="checkbox"/> Mental    | <input type="checkbox"/> Relational |
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_

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The **blessings and challenges** of  
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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### BE CONSISTENT

*Starts and stops threaten to derail progress.  
Doing the little things every day to pursue your  
One Word will create the results you want.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### TAKE ACTION

*It's one thing to think up a plan; it's another to take action. Your One Word Journey requires action. Don't just think this week—do.*

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- |                                    |                                     |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### FRONT AND CENTER

*What reminder systems work for you and help you keep things front and center each morning? Set up a way for your One Word to be front and center.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### FIND THE INCH

*“Inch by inch, life’s a cinch. Yard by yard, life’s hard.” In what ways have you made inches of progress in your One Word Journey so far? Find and celebrate.*

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- |                                    |                                     |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### FOCUS ON NOW

*There's nothing worse than feeling stuck, like nothing positive is happening. But sometimes you're looking too far ahead. Focus on what's happening today.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### STEP EACH STEP

*Temptation tells us to skip steps on the One Word Journey and bypass challenges and hard work. But to get the results you want, don't miss a step.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### LOOK FOR OPPORTUNITIES

*If you pray for patience, God won't automatically make you patient; He will give you opportunities to grow. Consider the opportunities before you this week.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### PROCESS OVER PROBLEMS

*Life brings potholes and speed bumps, but progress is a process. Let your One Word help you focus on the person you are becoming over the problems.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
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| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### DO NOT DISTURB

*Without intentionally setting aside time to focus on your One Word Journey, you will miss it. Set aside time where you can't be disturbed so you can truly reflect.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### KEEP GOING

*Demand and perseverance on the front-end leads to big-time payoffs in the end. If you're in the middle, don't quit. Let your One Word keep you focused.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### EXPECT THE UNEXPECTED

*Don't be someone who says, "I didn't see that coming." Expect the unexpected. Even if you have an idea about how One Word will turn out, be open to surprise.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS IN PLAIN SIGHT

*“Out of sight, out of mind.” It’s a common phrase, but it’s true. Remember your One Word this week and put it in plain sight. Make sure you won’t miss it.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### PRESS PAUSE

*Are you going so fast that you're missing what matters most to you? It's time to press pause and slow down. Be present and reflect over your One Word.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### SLOW DOWN

*Are you addicted to busyness? Did you know it will distract you and put you on overdrive? What's one less thing you can do this week?*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### BE PRESENT

*Your journey has a beginning and an end. It's good to remember the goal. But don't forget to be present. How is your One Word impacting your life right now?*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### SHARE WITH OTHERS

*Telling others about your One Word Journey will bless them and reinvigorate you. Sharing benefits others and creates momentum. Share this week.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### BETTER TOGETHER

*One Word doesn't benefit only you; it can also benefit the groups you're in. How can your family, friends, team, and other groups benefit from your One Word?*

What areas need my *One Word* **the most**?

- |                                    |                                     |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### BUILD CHEMISTRY

*Build unity and trust with teams, companies, and families by choosing a One Word together. It will become a rallying cry and keep you focused on your mission.*

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- |                                    |                                     |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### TALK ABOUT IT

Conversations about your One Word will both help you and help others. Share your big wins. Share your small wins. Ask for help. Talk about it.

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### BLESS OTHERS

As we become our best, we are better to others. Let One Word change you and make you more focused on serving and blessing others in your life.

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
| <input type="checkbox"/> Mental    | <input type="checkbox"/> Relational |
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_

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The **blessings and challenges** of  
living my *One Word*:

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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### DISCOVER

*Do you feel like your One Word picked you, rather than you picked it? A lot of people do. There's a reason why it's for you this year. Discover it.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### PROGRESS NOT PERFECTION

*Too many people feel like there is a perfect world, and the One Word Journey will be perfect. There is no such thing. There will be hills and valleys. Pursue progress, not perfection.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### GROW VERSUS CONQUER

*Everybody loves winning, but One Word isn't about winning or conquering. Take inventory on how your One Word is helping you grow through success and failure.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### DON'T LOOK BACK

*Disappointment and fatigue may cause you to want a “redo.” Don’t give in. Keep moving forward and trust your process. Take steps forward, not back.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### DON'T COMPARE

*Your One Word Journey is unique to you. Don't compare it with others, and don't compare it with past years. Focus on the present year, on today.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### MAKE A DIFFERENCE

*When your One Word infiltrates every area of your life, you'll find that the people around you will benefit too. Let your One Word help those you serve.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### ENJOY THE JOURNEY

*One Word is meant to be fun. It's meant to be life-changing. While it may get hard and challenging at some points, find the positives and enjoy it.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### HIDDEN TREASURES

*You may be surprised at the ways One Word is showing up. It's normal if you thought you'd see change in one area, only to find it somewhere else. Keep going.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### KEEP IT SIMPLE

*One Word is designed to be a simple way to experience life transformation. It's not meant to be complicated, and it doesn't need to be. Resist complexity.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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Why? \_\_\_\_\_

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### SAY NO

*Boundaries: Do you have them? Your One Word is a guide for your year, and to follow it you'll likely need to say no so you can stay on track. Practice it. Boundaries are worth it.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### THE ANSWER

*One Word is a guiding light for your year. Faced with decisions and trying to discern which way to go? Consider how your One Word may be leading to your answer.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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Why? \_\_\_\_\_

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### PUSH YOURSELF

*The One Word Journey won't be comfortable; change creates tension, but tension leads to growth. In what ways are you challenged to push yourself to become a better you?*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
| <input type="checkbox"/> Mental    | <input type="checkbox"/> Relational |
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Why? \_\_\_\_\_

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## **WEEKLY WIN**

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WEEK: \_\_\_\_\_ MY ONE WORD: \_\_\_\_\_

## WEEKLY FOCUS

### SAY YES

*How does fear hold you back? What dreams have yet to become a reality? Consider how your One Word is leading you to say yes to what's previously been a no.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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MY ONE WORD: \_\_\_\_\_ WEEK: \_\_\_\_\_

## WEEKLY FOCUS

### GIVE THANKS

*Gratitude is powerful. It strengthens relationships. It improves mental health. It lifts spirits. Be intentional and find gratitude for your One Word Journey and stretch team.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
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Why? \_\_\_\_\_  
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MY ONE WORD: \_\_\_\_\_ WEEK: \_\_\_\_\_

## WEEKLY FOCUS

### LEAVE A LEGACY

*At the end of your life, what do you hope people say about you? What mark do you want to leave on this world? Consider how your One Word can help you leave a legacy.*

What areas need my *One Word* **the most**?

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Emotional  |
| <input type="checkbox"/> Mental    | <input type="checkbox"/> Relational |
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial  |

Why? \_\_\_\_\_

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“Standing between two years is a good place to evaluate our lives. Looking back, we remember the year that has passed—its delights and disappointments fresh in our memories. Looking around, we see clearly where we are—able to make good choices based on our actual circumstances. And looking ahead, we anticipate another twelve months that hold the possibilities of high hopes and new dreams.”

**Chuck Swindoll**

## Annual Review

Even though the year is over, your *One Word Journey* is not something to check off a to-do list and put behind you. If you have lived your word for 365 days, your year was probably a journey of ups and downs that have shaped you into the person you were created to be. Remember: You don't conquer or master your word. Rather, you learn and experience what your *One Word* brings. The *One Word Journey* is about focusing and simplifying so you can experience greater meaning, mission, passion, and purpose.

It is invaluable to take time to stop and reflect on your *One Word Journey*. We believe it's important to review how your *One Word* has developed you. Take time now to reflect over your past year.

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How has your life changed because of your *One Word*?

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What lessons did you learn this past year  
as a result of your *One Word*?

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What were the blessings?

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What were the challenges?

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What is one example of something you did differently as a result of your word?

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How did your word impact those around you? Family? Workplace? Friends?

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How did your stretch team help you with your word?

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If you could summarize your *One Word* into one sentence, what would you say?

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Make sure to take time to enjoy and celebrate that you've made it to the end of your *One Word* Journey. Be sure to take what you learned this past year into next year; don't let the life-changes leave you. It's never too early to start planning for your next *One Word*.

What's one thing you can do to celebrate how your *One Word* impacted you?

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Access additional *One Word* resources,  
make your own *One Word* poster, and  
more at [www.Getoneword.com](http://www.Getoneword.com).

