

# R.E.A.L. Goal<sup>SM</sup>: Word of the Month

(Realistic, Easy, Attainable, Life Goals)

**Example:** I will choose a word that is meaningful to me and will become my focus for the month.

**Background:** Upwards of 80% of New Year resolution makers do not follow through with their plan. Instead, choose a single word that will become your focus for the month.

## What word should I choose?

- Think about where you are today and where you would like to be in a month.
- Think about who and how you need to be to get closer to what you want.
- What word might encourage you to be your best self?

## Selecting your word:

- Sit quietly and see if a word comes to mind.
- Review the wordlist provided for inspiration.

## Now what?

- Create something that visually captures your word.
  - Make a piece of art to hang.
  - Print your decorative word, frame it, and place it in a prominent area.
  - Use the word or a photo representing the word as your phone and/or computer screensaver.
  - Put post-it notes with your word around the spaces you use (work, home, car).
- Write about why you selected your word.
  - Why did you select your word?
  - What do you hope to discover about yourself?
  - Use the eight dimensions of wellness as a guide.
    - How will you represent your word in each area (Emotional, Environmental, Financial, Nutritional, Personal/Professional, Physical, Social, Spiritual)?
- Use your word as a mantra.
  - Start and end your day by thinking about how this word influenced your actions and behaviors for the day.
    - Did you learn anything new about yourself?
    - Were there situations or emotions that shifted focus away from your word?
      - Would the active practice of your word change the outcome?
      - Any thoughts about how to bring awareness back to your word in challenging moments?

## Reflection and reselection:

- At the end of the month, self-evaluate where you were and where you are now with the help of your word.
- Journal or write your thoughts on the visual word you created for closure and future reflection.
- Set a calendar reminder at the end of the month to select a new word or continue with the word you selected.

## Words for inspiration:

Acceptance	Celebrate	Embrace	Happiness
Achieve	Challenge	Emerge	Heal
Act	Change	Enjoy	Heart
Adventure	Cherish	Enough	Inspire
Align	Choose	Experiment	Integrity
Anchor	Comeback	Explore	Intention
Appreciate	Compassion	Faith	Invest
Balance	Complete	Fearless	Journey
Be	Compose	Finish	Joy
Begin	Connection	Flourish	Kindness
Believe	Courage	Focus	Laughter
Better	Create	Forgiveness	Learn
Bloom	Curiosity	Forward	Less
Bold	Cultivate	Future	Listen
Boundaries	Declutter	Gentle	Live
Brave	Decrease	Give	Make
Breathe	Delight	Go	Meaningful
Bright	Devote	Grace	Mercy
Build	Discipline	Gratitude	Mindful
Capture	Do	Grounded	Moment
Care	Elevate	Grow	More

Move	Positivity	Renew	Thrive
Myself	Possibilities	Reset	Time
No	Practice	Revive	Treasure
Nourish	Prayer	Risk	True
Nurture	Prepare	Savor	Trust
Observe	Presence	Seek	Understand
Open	Progress	Share	Unlimited
Order	Purge	Show up	Value
Organize	Purpose	Simplify	Wander
Overcome	Quiet	Smile	Wellness
Patience	Refresh	Speak	Whole
Peace	Reclaim	Strengthen	Wholehearted
Persevere	Relax	Strong	Wisdom
Play	Release	Surrender	

Explore more [Real Goals and Supplemental Resources](#)

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