

## CHOOSING YOUR WORD

Let me let you in on a seldom-recognized truth: Change is possible, but focus is required.

You don't need a gym membership or more will power, a new organizational system or a financial planner to make the changes you desire this year *as much as* you need clarity and sustained focus over time.

That is why our goal is to help you choose just one word to be your focus for the next twelve months, and to help you keep your attention fixed on your word.

### The un-resolution

Our resolutions seldom work because they are based on the type of person we're tired of being rather than who God wants us to become. Plus, resolutions can be "broken," leaving no room for the process of growth. What if our hopes for the year ahead centered instead on who God wants us to become, and the transformation process?

It's okay to want to be a better you, and the New Year is a natural time to start. The question is, how? **My One Word** replaces broken promises with a vision for real change. When you choose a single word, you have a clarity and focus. You are moving toward the future rather than swearing off the past.

## A Simple Process

So how do you go about picking a word?

We've listed out a few steps to help you get started!

### Step 1: Determine the kind of person you want to become.

The first step is to simply take some time and decide what kind of person you want to be at the end of this year. This goes beyond simply being healthier and wealthier, but it must drive deep into your soul. What about the condition of your heart? What about the person that God Himself has created you to be?

### Step 2: Identify the characteristics of that person

Get a picture of that person and then simply identify their major characteristics. Is that person gentle? Is that person generous? What are the qualities of the person you want to become?

### Step 3: Pick a word

Once you have a list of the characteristics, simply pick a word. There might be fifteen things that you want to change, but you must resist the temptation to promise you will do them all. Instead, simply commit to **ONE WORD**.

This will provide you with a lens to see the changes you need to make as well as a way to determine whether or not change is actually happening. Understand that this process is hard, but staying focused on your word will help you to struggle in the right direction so that you can actually see God working in your life.