

ONE WORD REVIEW

An Exercise To Do At The End of Each Year

Even though the year is over, your One Word journey is not something to check off a to-do list and put it behind you. When you live your word for 365 days, your year was probably a journey of ups and down that has shaped you into the person you were created to be. Remember, you don't conquer your word or master your word. Rather it's a year of learning and experiencing your word by focusing and simplifying so you can experience greater meaning, mission, passion and purpose.

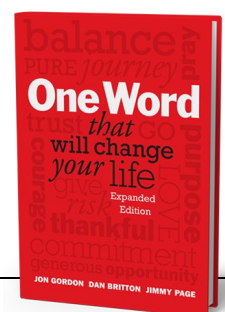
It is invaluable to take time to stop and reflect on your One Word journey. We believe that it's important to review how your One Word has developed you. To help you evaluate the previous year, answer the following questions:

How has your life changed because of your One Word?

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

What were the blessings?

What were the challenges?



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

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

How did your Stretch Team help you with your word?

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

Make sure you take time to enjoy and celebrate. And make sure that what you learned and put into practice this past year doesn't leave you; instead, let it become a part of who you are as each word builds from one year to the next.

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



Access additional One Word resources, make your own One Word poster, and more at www.GetOneWord.com

