

My focused word for  
2023 is...



Here are some simple  
steps to help you  
select your word for  
this year...



**Set aside some time for quiet reflection.**

**Think about the person you want to be at the end of this year. Take a few minutes to list words that describe that person. (A list of words is at the end of the deck)**



**Now consider what you want more of in the year? Write down words related to that or anything else that comes to mind during your reflection.**

# Refine Your Word Possibilities.

Look back at the list you just made.

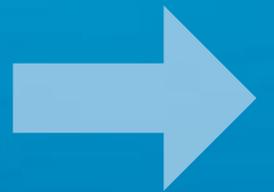
Which words resonate with you? Circle your top five.

If you're having trouble, look at the  words list included in the back of this deck and circle any of those that resonate with you.

# Refine Your Word Possibilities.

If you're really feeling stuck, put it away overnight and see which words keep coming back to your mind.

Then pick a word from the list you created and write it down.



**What did you pick?**

**Why did you pick it?**

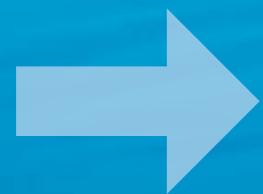
**How might your word guide  
your thoughts and actions in  
the next year?**



Once you've selected your word,  
keep some kind of reminder  
where you can see it regularly.

That way, you'll stay motivated  
and focused on living into it  
throughout the year.

Now, what's MY word?



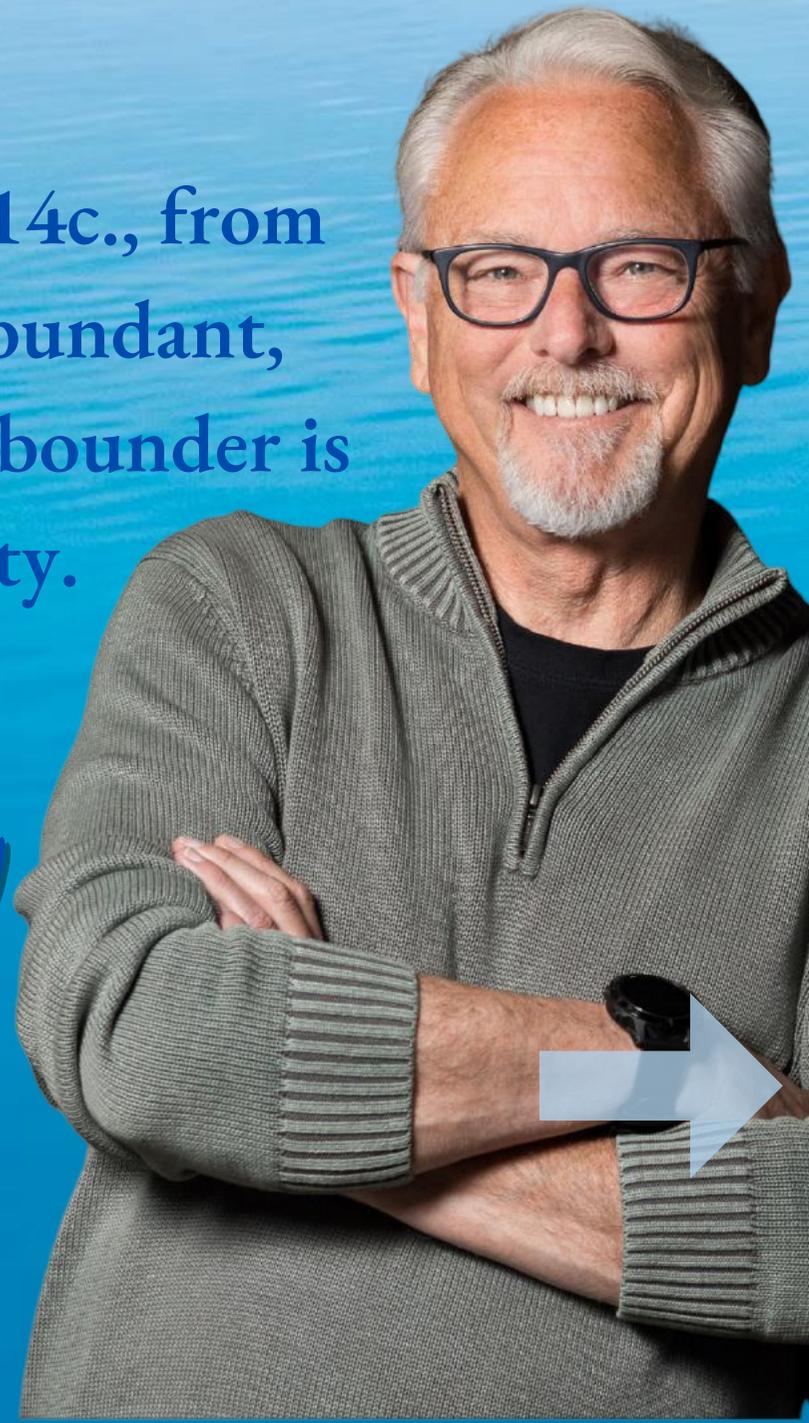
# My Focused Word for 2023 is...

# Abound

Initially, I selected flow...flow (v.) Old English flowan to flow, stream, abound-be in great plenty, overflow.

Digging deeper I found abound abound (v.) be in great plenty," early 14c., from Old French *abonder* "to abound, be abundant, come together in great numbers. An abounder is one who has brings together, has plenty.

## The Ikigai Guy



<b>Amplify</b>	<b>Cultivate</b>	<b>Freedom</b>	<b>Love</b>	<b>Progress</b>	<b>Strive</b>
<b>Audacity</b>	<b>Dedicated</b>	<b>Give</b>	<b>Magnetic</b>	<b>Prosper</b>	<b>Strong</b>
<b>Authentic</b>	<b>Deliberate</b>	<b>Glow</b>	<b>Maintain</b>	<b>Purpose</b>	<b>Structure</b>
<b>Awaken</b>	<b>Determination</b>	<b>Grace</b>	<b>Margins</b>	<b>Quest</b>	<b>Succeed</b>
<b>Awesome</b>	<b>Diligence</b>	<b>Gratitude</b>	<b>Me</b>	<b>Radiance</b>	<b>Sustain</b>
<b>Balance</b>	<b>Discipline</b>	<b>Grit</b>	<b>Mindful</b>	<b>Receive</b>	<b>Surrender</b>
<b>Believe</b>	<b>Discover</b>	<b>Grounded</b>	<b>Minimize</b>	<b>Recover</b>	<b>Temperance</b>
<b>Bloom</b>	<b>Efficiency</b>	<b>Growth</b>	<b>Momentum</b>	<b>Refresh</b>	<b>Tenacious</b>
<b>Bold</b>	<b>Efficient</b>	<b>Happiness</b>	<b>Move</b>	<b>Relationships</b>	<b>Tenacity</b>
<b>Boundaries</b>	<b>Elevate</b>	<b>Harmony</b>	<b>Noble</b>	<b>Relax</b>	<b>Thrive</b>
<b>Boundless</b>	<b>Embrace</b>	<b>Healthy</b>	<b>Now</b>	<b>Release</b>	<b>Today</b>
<b>Brave</b>	<b>Emerge</b>	<b>Home</b>	<b>Nurture</b>	<b>Relentless</b>	<b>Transform</b>
<b>Breathe</b>	<b>Empower</b>	<b>Honor</b>	<b>Open</b>	<b>Renew</b>	<b>Travel</b>
<b>Brilliance</b>	<b>Encourage</b>	<b>Hustle</b>	<b>Organize</b>	<b>Resolve</b>	<b>Trust</b>
<b>Build</b>	<b>Engage</b>	<b>Ikigai</b>	<b>Overcome</b>	<b>Rest</b>	<b>Truth</b>
<b>Calm</b>	<b>Enough</b>	<b>Incomparable</b>	<b>Passion</b>	<b>Revive</b>	<b>Unbound</b>
<b>Capable</b>	<b>Epic</b>	<b>Independence</b>	<b>Patience</b>	<b>Rise</b>	<b>Unclutter</b>
<b>Celebrate</b>	<b>Essence</b>	<b>Inspiration</b>	<b>Peace</b>	<b>Restore</b>	<b>Unstoppable</b>
<b>Change</b>	<b>Essential</b>	<b>Inspired</b>	<b>Perseverance</b>	<b>Self-control</b>	<b>Value</b>
<b>Choose</b>	<b>Explore</b>	<b>Intentional</b>	<b>Persist</b>	<b>Serenity</b>	<b>Victorious</b>
<b>Comfort</b>	<b>Faith</b>	<b>Joy</b>	<b>Phenomenal</b>	<b>Shine</b>	<b>Victory</b>
<b>Commit</b>	<b>Family</b>	<b>Kindness</b>	<b>Plan</b>	<b>Simplify</b>	<b>Vision</b>
<b>Complete</b>	<b>Fearless</b>	<b>Laughter</b>	<b>Playful</b>	<b>Slow</b>	<b>Wander</b>
<b>Confidence</b>	<b>Fierce</b>	<b>Leap</b>	<b>Positivity</b>	<b>Stop</b>	<b>Welcome</b>
<b>Connection</b>	<b>Finish</b>	<b>Learn</b>	<b>Possible</b>	<b>Soar</b>	<b>Wellness</b>
<b>Conquer</b>	<b>Flourish</b>	<b>Less</b>	<b>Power</b>	<b>Space</b>	<b>Write</b>
<b>Consistency</b>	<b>Flow</b>	<b>Liberate</b>	<b>Prepared</b>	<b>Spark</b>	<b>Wonder</b>
<b>Contentment</b>	<b>Focus</b>	<b>Light</b>	<b>Presence</b>	<b>Spontaneous</b>	<b>Worthy</b>
<b>Courage</b>	<b>Forgiveness</b>	<b>Limitless</b>	<b>Proactive</b>	<b>Steady</b>	<b>Yes</b>
<b>Create</b>	<b>Forward</b>	<b>Listen</b>	<b>Productive</b>	<b>Strength</b>	<b>Zest</b>