

## MY ONE WORD

### **Step 1: A vision of the future you:**

Think about what kind of person you want to become over the course of the next year; not about what you want to do, but what kind of person you want to become. When you have a picture of that person in your mind's eye go ahead and write it down. (Possible prompts: I want to become a person who...a husband who...a leader who...a partner who...a pastor who...)

### **Step 2: A list of characteristics that describe that future person:**

Take some time to describe the person that you wrote about in the first section. Write out a list of characteristics that you would use to describe the kind of person you hope to become. Is this person gentle or kind? Is it their decisiveness or their sense of calm that appeals to your heart? Are they generous, or patient, or persistent, or light hearted? Don't limit your list. Just describe the type of person you would like to become in as many words as you can come up with.

### **Step 3: Reduce your list**

Once you feel you've completed your list, look it over and pray a simple prayer for guidance. Ask God to give you direction in this process. And then begin to edit. Mark off all but 10 of the words. **Remove the ones that resonate the least with you.** Don't worry about whether or not you REALLY need to work on a certain word: if it doesn't resonate strongly with you right now, simply cross it off and **get your list down to 10 words or less.**

### **Step 1: A vision for the future you:**

### **Steps 2 & 3:**

**A list of characteristics that describe that future person:**

**Step 4: Define and meditate on your short list of words.**

Look up their definitions in the dictionary or online. Look up the words in your Bible's concordance or use the internet or a Bible app to find verses that deal with these words. Learn about them and pray about them.

And then, after you've worked through those 10 words...

**Choose your ONE WORD:** the one that resonates most with you.

Don't worry about the others. You can always choose one of them next year.

**Step 4: Define and meditate on your short list of words**

**Step 5: MY ONE WORD is:**

With your ONE WORD, you now have a lens through which to focus your personal and spiritual formation for the coming year.

**Step 5: MY ONE WORD is:**

**Step 6: Share your ONE WORD with a friend.**