

Finding your guiding word

FIRST find a journal and a pen, pop on some music, light some incense, and list any inspiring words that pop into your mind.

SECOND think about any goals you have set yourself for the year, about anything you want to achieve, how you want to feel this year. It might help to break it down into areas - health, family, career, wellbeing, personal. use keywords to describe them

THIRD Looking back at your list of inspiring words, and thinking over the goals you have for the year, which word jumps out at you? Go with your gut instinct - don't overthink it!
