

R.E.A.L. GoalSM: Word of the Month

(Realistic, Easy, Attainable, Life Goals)

Example: I will choose a word that is meaningful to me and will become my focus for the month.

Background: Upwards of 80% of New Year resolution makers do not follow through with their plan. Instead, choose a single word that will become your focus for the month.

What word should I choose?

- Think about where you are today and where you would like to be in a month.
- Think about who and how you need to be to get closer to what you want.
- What word might encourage you to be your best self?

Selecting your word:

- Sit quietly and see if a word comes to mind.
- Review the wordlist provided for inspiration.

Now what?

- Create something that visually captures your word.
 - Make a piece of art to hang.
 - Print your decorative word, frame it, and place it in a prominent area.
 - Use the word or a photo representing the word as your phone and/or computer screensaver.
 - Put post-it notes with your word around the spaces you use (work, home, car).
- Write about why you selected your word.
 - Why did you select your word?
 - What do you hope to discover about yourself?
 - Use the eight dimensions of wellness as a guide.
 - How will you represent your word in each area (Emotional, Environmental, Financial, Nutritional, Personal/Professional, Physical, Social, Spiritual)?
- Use your word as a mantra.
 - Start and end your day by thinking about how this word influenced your actions and behaviors for the day.
 - Did you learn anything new about yourself?
 - Were there situations or emotions that shifted focus away from your word?
 - Would the active practice of your word change the outcome?
 - Any thoughts about how to bring awareness back to your word in challenging moments?

Reflection and reselection:

- At the end of the month, self-evaluate where you were and where you are now with the help of your word.
- Journal or write your thoughts on the visual word you created for closure and future reflection.
- Set a calendar reminder at the end of the month to select a new word or continue with the word you selected.

Words for inspiration:

Acceptance	Challenge	Enjoy	Inspire
Achieve	Change	Enough	Integrity
Act	Cherish	Experiment	Intention
Adventure	Choose	Explore	Invest
Align	Comeback	Faith	Journey
Anchor	Compassion	Fearless	Joy
Appreciate	Complete	Finish	Kindness
Balance	Compose	Flourish	Laughter
Be	Connection	Focus	Learn
Begin	Courage	Forgiveness	Less
Believe	Create	Forward	Listen
Better	Curiosity	Future	Live
Bloom	Cultivate	Gentle	Make
Bold	Declutter	Give	Meaningful
Boundaries	Decrease	Go	Mercy
Brave	Delight	Grace	Mindful
Breathe	Devote	Gratitude	Moment
Bright	Discipline	Grounded	More
Build	Do	Grow	Move
Capture	Elevate	Happiness	Myself
Care	Embrace	Heal	No
Celebrate	Emerge	Heart	Nourish

Nurture	Prayer	Revive	Time
Observe	Prepare	Risk	Treasure
Open	Presence	Savor	True
Order	Progress	Seek	Trust
Organize	Purge	Share	Understand
Overcome	Purpose	Show up	Unlimited
Patience	Quiet	Simplify	Value
Peace	Refresh	Smile	Wander
Persevere	Reclaim	Speak	Wellness
Play	Relax	Strengthen	Whole
Positivity	Release	Strong	Wholehearted
Possibilities	Renew	Surrender	Wisdom
Practice	Reset	Thrive	

Explore more [Real Goals and Supplemental Resources](#)

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