

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.
 - o 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.
 - O Why did you select your word?
 - O 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:

Challenge	Enjoy	Inspire
Change	Enough	Integrity
Cherish	Experiment	Intention
Choose	Explore	Invest
Comeback	Faith	Journey
Compassion	Fearless	Joy
Complete	Finish	Kindness
Compose	Flourish	Laughter
Connection	Focus	Learn
Courage	Forgiveness	Less
Create	Forward	Listen
Curiosity	Future	Live
Cultivate	Gentle	Make
Declutter	Give	Meaningful
Decrease	Go	Mercy
Delight	Grace	Mindful
Devote	Gratitude	Moment
Discipline	Grounded	More
Do	Grow	Move
Elevate	Happiness	Myself
Embrace	Heal	No
Emerge	Heart	Nourish
	Change Cherish Choose Comeback Compassion Complete Compose Connection Courage Create Curiosity Cultivate Declutter Decrease Delight Devote Discipline Do Elevate Embrace	Change Enough Cherish Experiment Choose Explore Comeback Faith Compassion Fearless Complete Finish Compose Flourish Connection Focus Courage Forgiveness Create Forward Curiosity Future Cultivate Gentle Declutter Give Decrease Go Delight Grace Devote Gratitude Discipline Grounded Do Grow Elevate Happiness

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

For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)

^{© 2023} Medica. All rights reserved. We do not endorse or make any representation about the efficacy, appropriateness, or suitability of any program, training, or activity eligible for points under the Living Healthy program. Such programs, trainings, and activities are not intended to be a substitute for professional medical advice, diagnosis, or treatment. If any individuals has or may have a medical or psychological condition, they should consult a medical professional before beginning any programs, trainings, or activities.