

AMELIA FURMAN MIXED MEDIA

GOOD WORD GUIDE

A simple tool to help you find
your good word for 2022

"Good Words for a Great Year"

Welcome to my good word guide!

This simple tool will help you sift through your experiences, distill what you've learned, and select a meaningful word that will keep you on track for the year. Here's to a great year through some good words!

Amelia



5 STEP GUIDE TO HELP YOU FIND YOUR WORD

Get ready for a
great year!

After you have completed this list, look at all the positive things you have accomplished and celebrate!

Have some difficult and painful things happened this year? Take time to acknowledge, grieve and then release them.

3. Evaluate

Now that you have a comprehensive picture of your past year, what do you want to have MORE of in the future? What do you want LESS of?

Think about the lessons you have learned through the year. Do you have more to learn or is there a quality or characteristic you want to keep pursuing? Write down words or phrases that come to mind.

HELPFUL TOOLS:

If you are needing some jump starters for words, here is a good resource:

www.thegoalchaser.com/word-of-the-year/



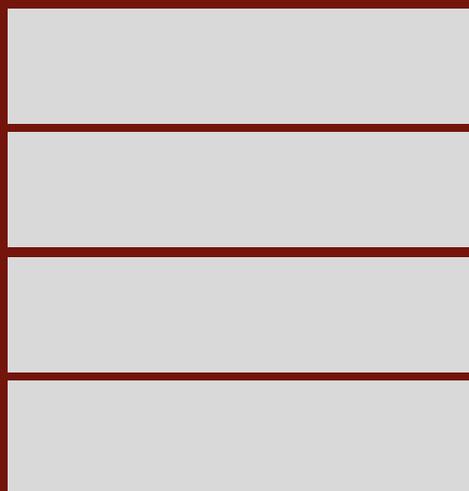
4. Refine & Select

Now you have several words that express, very simply, what you want to focus on for the year.

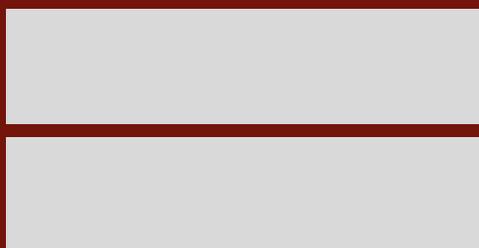
Congrats! That's good work! Which word really sticks out? Take time to think this over. There's no rush. Which word keeps coming back to your mind?

HELPFUL TIPS:

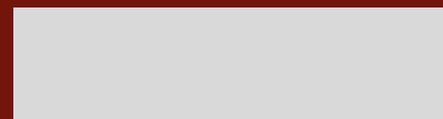
As you sift through words, say them, write them down. Which word keeps coming to mind? which one makes you excited and just a little scared? Pay attention to these gut reactions...



Top four words

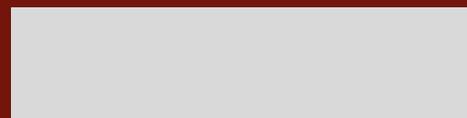


Refine to top two words

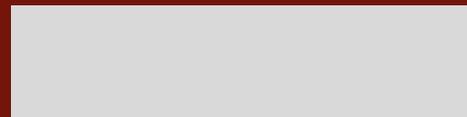


Your Good Word

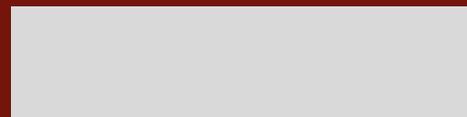
Now that you have your word, modify it to make it an active word rather than passive. A verb or a character descriptor (ie: resilient) . This will help you remember that this word is to spur you to action. (ie: gratitude can be turned into thankful or grateful).



Your Good Word



Action form of your word



Description form of your word

You did it! Congrats!

Now what?



5. Share

Start by sharing your word with yourself. Write it down on places that you will see it. You can also look at my good word collection and see if I have your word in print, card or magnet form! I'm also taking good word commissions (6 x 6 or 12 x 12 in size)



Next, share your word with others. Not only will this keep you accountable, it will inspire and encourage all of you. Tag @ameliafurmanmixedmedia and use #goodwordgreatyear You can follow me to see what other folks are coming up with. You can also share your good word through the collection products: prints, cards, magnets.



To see the whole Good Word Collection, visit my website.

Here's to good words that can make a great year!

www.ameliafurman.com

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