

WORD OF THE YEAR IDEAS

FOR INTENTIONAL MOMS

LAST YEAR MY WORD WAS:

THIS YEAR MY WORD IS:

ABOUND	CONFIDENCE	FLY	KINDNESS	PRESENT	SPACE
ABUNDANCE	CONNECT	FOCUS	LAUGH	PRIORITY	SPARK
ACHIEVE	CONSCIOUS	FORGIVE	LEAD	PROGRESS	SPEAK UP
ACT	CONSIDER	FORWARD	LEARN	PROGRESSION	SPIRIT
ADAPT	CONSISTENCY	FOSTER	LESS	PROSPER	START
ADVENTURE	CONTRIBUTE	FREE	LET GO	PURPOSE	STILLNESS
ALIGN	COURAGE	FREEDOM	LIGHT	PURSUE	STOP
ALIVE	CREATE	FRIENDSHIP	LISTEN	QUIET	STRENGTH
ALLOW	CREATIVITY	GENTLE	LOVE	RADIANT	STRETCH
ALWAYS	CULTIVATE	GIVE	MAGIC	RECEIVE	STRIVE
AMBITION	DARING	GIVING	MAGNIFY	RECLAIM	STRONG
APPRECIATE	DEDICATED	GLORIOUS	MANIFEST	RECOVERY	SUPPORT
ASCEND	DELIBERATE	GLOW	MEDITATE	REFLECT	SURPRISE
ATTENTION	DELIGHT	GOALS	MINDFUL	RELATIONSHIPS	SURRENDER
AUTHENTIC	DETERMINATION	GRACE	MINIMALIZE	RELAX	SURVIVE
AVAILABLE	DEVOTION	GRATITUDE	MONEY	RELEASE	TEACH
AWARE	DILIGENCE	GROUNDED	MORE	RENEW	THOUGHTFUL
BALANCE	DISCIPLINE	GROW	MOTION	RENEWAL	THRIVE
BE	DISTANCE	HAPPY	MOVE	REPRESENT	TODAY
BEAUTY	DO	HARMONY	NEW	RESET	TRANQUIL
BECOME	DREAM	HEAL	NO	RESOLUTE	TRANSFORM
BELIEVE	EASE	HEALTH	NOURISH	RESOLVE	TRUST
BELONG	ELEVATE	HEART	NOW	RESPECT	TRUTH
BETTER	EMBRACE	HERE	NURTURE	REST	TRY
BLESS	EMERGE	HERO	OBSERVE	RETREAT	UNIQUE
BLISS	EMPOWER	HIGHER	OPEN	REVERENCE	UNLIMITED
BLOOM	ENCOURAGE	HONESTY	ORGANIZE	RISE	UNSTOPPABLE
BOLD	ENERGY	HOPE	OVERCOME	RISK	VISION
BOSS	ENJOY	HUMBLE	PASSION	ROMANCE	VULNERABILITY
BOUNDARIES	ENLIGHTEN	HUMILITY	PATIENCE	SACRED	WAKE
BRAVE	ENOUGH	IMAGINE	PAUSE	SACRIFICE	WANDER
BREATHE	ENTHUSIASM	IMPROVE	PEACE	SAVVY	WELCOME
BRIDGE	ESCALATE	INCREASE	PERMISSION	SEEK	WHOLE
BRIGHT	EXPAND	INDULGE	PERSEVERE	SELF-CARE	WHY
BUILD	EXPLORE	INSPIRE	PERSIST	SERENE	WIN
CALM	EXPRESS	INTEGRITY	PERSISTANCE	SERENITY	WISDOM
CELEBRATE	FAITH	INTENTION	PERSPECTIVE	SERVICE	WISH
CENTERED	FAMILY	INTENTIONAL	PLAY	SHARE	WONDER
CHALLENGE	FEARLESS	INTIMACY	POLISH	SHIFT	WORK
CHANGE	FEAST	INTUITION	POSITIVITY	SHINE	WORTH
COMFORT	FINISH	JOURNEY	POSSIBILITY	SIMPLICITY	YES
COMMIT	FIT	JOY	POWER	SIMPLIFY	ZEN
COMPASSION	FLOURISH	JUST	PRAY	SLOW	ZEST
COMPROMISE	FLOW	KIND	PRESENCE	SOUL	