

UNTANGLED MIND, LLC

Word of the Year





HOW TO USE YOUR CHOSEN WORD OF THE YEAR THROUGH THE EXAMPLE OF "HONESTY":

The power of the Word of the Year lies in its ability to remind and inspire you to live by the values that are close to your heart. In this case, let's use "honesty" as an example. When integrating honesty into your daily routine, reflect on how it can be applied in different aspects of your life. Here are some suggestions for incorporating honesty throughout the year:

1. **Personal Reflection:** Start by being honest with yourself. Reflect on your thoughts, feelings, and beliefs, even when it is difficult or uncomfortable. This self-awareness will serve as the foundation for your honesty practice.
2. **Communication with Others:** Honest communication strengthens relationships and helps you build trust. Make it a point to be open and truthful in all your dealings with family, friends, colleagues, and acquaintances.
3. **Decisions and Choices:** When faced with a decision or choice, consider the long-term implications and base your choice on what aligns with your core values, including honesty. This will help you remain grounded and stay true to yourself.
4. **Personal Integrity:** Take responsibility for your actions, celebrate your successes, and acknowledge your mistakes. Commit to keeping promises and being accountable for your commitments, even when the journey gets challenging.



5. Consistency: Be consistent in applying honesty as your guiding principle throughout the year in everything you do. This includes brushing up on your ability to introspect objectively, spotting moments when self-deception slips in, and working on rectifying them.

6. Growth: Embrace the vulnerability of honesty, which might sometimes lead to moments of discomfort or confrontation. Use these learning experiences for personal growth and fostering resilience.

7. Reminders and Accountability: Make a conscious effort to remind yourself of your Word of the Year by tagging it on your phone's wallpaper, writing it on sticky notes, setting monthly check-in goals, or sharing it with a trusted friend. This way, you hold yourself accountable to your chosen word.

By integrating honesty throughout the year, you foster an environment that nurtures growth, relationships, and personal integrity. Apply these steps to any Word of the Year you choose and watch how focusing on this guiding principle can transform various facets of your life.



PURPOSE:

TO IDENTIFY A SINGLE WORD THAT ENCAPSULATES YOUR INTENTION, DIRECTION, AND GOALS FOR THE UPCOMING YEAR, SERVING AS A GUIDING PRINCIPLE FOR YOUR ACTIONS AND DECISIONS.

INSTRUCTIONS:

REFLECTION
REVIEW YOUR RESPONSES IN THE YEARLY REFLECTION WORKSHEET.



BRAINSTORMING:

BASED ON YOUR REFLECTIONS, BRAINSTORM WORDS THAT RESONATE WITH YOUR INTENTIONS FOR THE UPCOMING YEAR.

LOOK FOR WORDS THAT ALIGN WITH YOUR VALUES AND THE CHANGES YOU WANT TO SEE OR MAKE.

YOU CAN START WITH A LONG LIST, AIMING TO NARROW IT DOWN OVER TIME.

WRITE DOWN AS MANY AS YOU CAN THINK OF HERE:



CONSIDERATION:

SPEND SOME TIME WITH YOUR LIST. ALLOW YOURSELF SPACE AND TIME TO THINK ABOUT WHAT EACH WORD MEANS TO YOU. REFLECT ON THE FOLLOWING QUESTIONS:

1. HOW DOES THE WORD RESONATE WITH ME?
2. HOW DOES THIS WORD ALIGN WITH THE CHANGES I WANT TO SEE?
3. CAN I SEE THIS WORD GUIDING MY DECISIONS AND ACTIONS?



SELECTION

CHOOSE THE WORD THAT MOST ALIGNS WITH YOUR REFLECTIONS AND FEELS THE MOST POTENT TO YOU.

THERE IS NO WRONG ANSWER HERE. LISTEN TO YOUR INTUITION AND MAKE A CHOICE THAT FEELS RIGHT FOR YOU.

- MY WORD OF THE YEAR IS:



APPLICATION

WRITE DOWN THREE WAYS YOU CAN APPLY THIS WORD IN YOUR DAILY LIFE. BE AS CONCRETE AND SPECIFIC AS POSSIBLE:

1.

2.

3.



Thank You...

Hello, and my sincerest thanks for downloading my workbook!

I see this as the first step on your journey toward self-discovery and reflection. As a seasoned therapist and the guiding force behind Untangled Mind, I could not be happier to see you investing in your mental health and personal growth - it's exactly what I love the most about being a counselor.

My passion lies in aiding individuals navigate through challenging periods and fostering change that significantly improves their lives. With a robust toolbox combining Adlerian theory, Cognitive Behavioral Therapy (CBT), and pioneering diagnostic tools, I'm dedicated to help you unravel the complex puzzles entangling your mind so you can lead the life you've always wanted.

To benefit most from this workbook, ensure that you:

1. Carve out dedicated, calm moments to venture through it.
2. Open up about your insights and discoveries with someone you trust.
3. Revisit the content regularly as an encouraging reminder of your personal growth journey.

Ready to dive deeper? I invite you to take this one step further and consider personal counseling with me. This allows us to delve into more intricate details and tailor a therapeutic journey that perfectly aligns with your unique needs.

Head over to my website to book a one-on-one session with me.

Again, thank you for downloading our workbook. Seeing people like you take these proactive steps to better their mental health serves as a constant reminder of why I love doing what I do. Here's to the start of an amazing 2024 journey!

~Piper



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