

MY ONE WORD

(This content is adapted from the book *My One Word* by Mike Ashcraft and Rachel Olsen)

This My One Word process is designed to channel your attention and effort with laser-like focus over an extended period of time. This is key to lasting change and will build your character at a deep, sustainable level. All that you, your family members, or your kids have to do is pick a word, but there's more to that process than anyone might imagine. So, grab a sheet of paper or a journal, and we'll walk you through the process. This process should be done over a few sessions and several days.

Take some time to ask yourself some questions and answer them honestly. Here are some questions to consider:
#1 DESCRIBE THE TYPE OF PERSON YOU WANT TO BECOME THROUGH THE NEXT TWELVE MONTHS.

MORE SPECIFICALLY:

-As a parent/adult, do you want to get along better with your spouse, your coworkers, your neighbors, or your kids?

-As a kid, do you want to get along better with your peers at school, your teammates, your teachers, your siblings, or your parents?

- ***What kind of person would get along with them? What characteristics would that person display?***

-As a parent/adult, do you want to be more disciplined about how you live your life physically, spiritually, or financially?

-As a kid, do you want to be more disciplined in your approach and dedication to your studies, talents, passions, friendships, or walk with Jesus?

What kind of person would live a disciplined life in these things? Describe that person. What drives them?

-As a parent/adult or a kid, do you want to interact differently with your family?

- ***What are some ways you would like to see your relationships with your family grow?***

You get the idea. Think about some other questions* to ask yourself, dig deeper, and record your answers.

*Parents, you will want to help your child think through some questions.

Describe The Type Of Person You Want To Be In The Box Below

#2 AS YOU LOOK AT WHAT YOU HAVE WRITTEN, WHAT ARE SOME WORDS THAT RISE TO THE TOP AS YOU THINK ABOUT WHO YOU WANT TO BECOME?

- Give this question some in-depth thought.
- Don't rush the process.
- Don't settle on the first word that comes to mind.

Make a list of 15-20 words that come to mind. Once you've completed the listing process, pray, look over your list, and begin marking off all but ten or so of the words. Remove the ones that resonate least with you.

Create Your Word List In The Box Below

#3 ONCE YOU HAVE A SHORT LIST, WRITE A BRIEF DESCRIPTION OF WHAT EACH OF THE WORDS MEANS TO YOU.

- Look them up in the dictionary and note their definitions.
- Look at their synonyms.
- Look them up in the Bible.

Define Your Words In The Box Below

#4 PRAY AND ASK GOD FOR GUIDANCE AS YOU NARROW YOUR LIST.

- Spend a few days thinking about your list and weighing the implications of each word.

#5 AFTER A FEW DAYS OF REFLECTION AND PRAYER, PICK A WORD.

- Don't let this part stress you out. If you went through the process, any of the words on your list could be right for you.

List Your Word, Definition, And What It Means To You In The Box Below

#6 CHOOSE A BIBLE VERSE TO GO ALONG WITH YOUR WORD.

Memorize this Scripture.

This will provide a foundational truth that will ground you throughout the year.

For more info and a deeper look into the process, visit www.myoneword.org or order the book My One Word from Amazon.

Write Your Word And Scripture(s) In The Box Below