

# EMPOWERED BY A WORD



*Defining your year with a Word*

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# To The ***Bold & Brave!***

My friend,

I am absolutely overjoyed to welcome you to Empowered By A Word, Defining Your Year with a Word. This transformative process of identifying a single, powerful word for the year ahead is deeply personal to me, and for the past twelve years, it has revolutionized my life in ways I never imagined possible. At the beginning of each year, this practice has helped me find clarity, direction, and purpose - which is precisely why I felt compelled to share this life-changing approach with you.

My hope is to provide a sacred space for you to reflect, integrate, and create meaningful changes in your life. Think of this as your personal invitation to pause and truly examine your journey. The past year, like all years, was a tapestry of experiences - filled with unexpected twists and turns, moments of triumph and accomplishment, as well as inevitable setbacks and times of sorrow. Each of these experiences has shaped you, taught you, and prepared you for what's ahead.

I believe that within your responses to last year's challenges and victories lies the key to discovering YOUR perfect word for this new year - a word that will serve as your compass, your motivation, and your anchor. This carefully chosen word has the power to help you walk in a deeper level of purpose, bringing focus and intention to every step you take.

Now, let's begin this extraordinary journey of defining your year with a word - a word that will become your companion, your reminder, and your source of empowerment throughout the months ahead!

-*Jacques McNeil*

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# 1. Step

*Good words satisfy like a fine meal; yes, good conversations are sure to satisfy. Words have power in matters of life and death, and those who love them will savor their fruit.*

*Proverbs 18: 20-24*

## **Step 1: Defining Your Year with a Word**

Before you begin, spend time in prayer and reflection about last year. Ask the Holy Spirit to allow your mind to rewind it to all – the highs and the lows. As you do, think about your emotions.

Psychology tells us that there are six (6) basic types of emotion. How in-tune with your emotional self are you?

**Check the box above the word that describes your emotion best in the given hypothetical scenario:**

**When I am pleased with the way things are going, I would say I am:**

HAPPY      DELIGHTED      THRILLED      ELATED      ECSTATIC

**When I am experiencing emotional distress, I would say I am:**

SAD      SOMBER      GLOOMY      MELANCHOLY      MOURNFUL

**When I am unsure of what an outcome will be, I would say I am:**

AFRAID      NERVOUS      ANXIOUS      FRIGHTENED      TERRIFIED

**When I am completely turned off by something or someone, I would say I am:**

DISGUSTED      WEARY      FED UP      APPALLED      REPULSED

**When someone has done something to upset me, I would say I am:**

ANGRY      HEATED      IRATE      INDIGNANT      OFFENDED

**When I am caught off guard by something, I would say I am:**

SURPRISED      STUNNED      SHOCKED      ASTONISHED      DAZED

# Step

*So will My word be which  
goes out of My mouth; It will  
not return to Me void (useless,  
without result), Without  
accomplishing what I desire, And  
without succeeding in the matter  
for which I sent it.*

*-Isaiah 55:11*

## **Step 2: Define Your Vision**

Now, with that information, begin the exercise below.  
Chose only one word per box.

- **My word to describe last year is (adjective/discriptive word):**

- **At my lowest point last year, i felt...**

**This vision is for a future time. It describes the end,  
and it will be fulfilled. If it seems slow in coming, wait  
patiently, for it will surely take place. It will not delayed.**

*Habakkuk 2:3*

## Step 2: Define Your Vision

- **When I was at my best last year, I felt... (verb/action word):**
- **At my best, I was able to maintain it by: (verb/action word):**
- **I have a sense of purpose when I: (verb/action word)**
- **I have a sense of purpose when I: (verb/action word)**

# Step.

*Now may the God of hope fill  
you with all joy and peace in  
believing, that you may abound  
in hope by the power of the Holy  
Spirit.*

*- Romans 15:13*

# *The Power of Choosing* **Your Word of the Year**

Selecting a word for the year is more than just a trendy practice—it's a powerful exercise in intentional living and personal growth. When we take time to reflect on our values, experiences, and aspirations, we create a meaningful foundation for choosing a word that will serve as both a compass and catalyst for the year ahead.

## *Why Reflection Matters*

Deep reflection helps us understand patterns in our lives, acknowledge our growth, and recognize areas where we desire change. By examining various aspects of our lives—from our relationships to our personal development—we can identify themes and underlying desires that point us toward a word that resonates with our true intentions.

This reflective process allows us to:

- Recognize what truly matters to us beneath surface-level goals.
- Understand the patterns that have shaped our past year
- Identify the core changes we wish to manifest.
- Connect with our authentic desires for growth and transformation.

# Let's Reflect.

## Reflective Prompts for Choosing Your Word

### 1. *Relationships & Connection*

Take a moment to consider your relationships with family, friends, and community. How have these connections evolved over the past year? What quality would you like to embody in your relationships moving forward?

Reflection prompt: Describe a moment from this past year when you felt deeply connected to someone. What made that moment special, and what does it reveal about the kind of relationships you want to nurture?

### 2. *Professional Life & Purpose*

Consider your work life, career aspirations, and sense of purpose. What brings you satisfaction? Where do you feel called to grow?

Reflection prompt: Think about a time this year when you felt truly engaged and energized by your work. What elements were present, and what does this tell you about your professional aspirations?

## Empowered By A Word: Defining Your Year with a Word

### 3. *Physical Wellbeing*

Reflect on your relationship with your body, health practices, and physical vitality. How do you want to honor and care for yourself? moving forward?

Reflection prompt: Remember a time when you felt strong, healthy, and vibrant. What contributed to this state, and what does this reveal about your ideal relationship with physical wellbeing?

### 4. *Spiritual Growth*

Consider your spiritual journey, whether through formal scripture reading/studying, prayer, fasting, regular church attendance, or other forms of spiritual expression.

Reflection prompt: Recall a moment when you felt a deep sense of peace, connection, or spiritual alignment. What circumstances or practices led to this experience?

### Step 3: Reflect on the Past Year

#### 5. *Joy & Adventure*

Think about what brings you genuine joy and excitement. How do you want to experience pleasure and adventure in your life?

Reflection prompt: Describe your most joyful or exciting experience this year. What made it meaningful, and what does it tell you about what you want more of in your life?

#### 6. *Personal Growth*

Reflect on your journey of self-discovery and development. Where have you grown, and where do you feel called to expand?

Reflection prompt: Consider a challenge you faced this year that led to significant personal growth. What qualities helped you navigate this situation?

#### 7. *Creative Expression*

Think about how you express yourself creatively, whether through art, writing, problem-solving, or other forms of creation.

Reflection prompt: Remember a time when you felt creatively fulfilled or inspired. What conditions or elements supported this creative flow?

# Things to Consider.

After exploring these different areas of your life, consider these final integration questions:

**What themes or patterns do you notice emerging across these different areas of reflection?**

A large, empty rectangular box with a thin black border, intended for the user to write their reflections on the themes or patterns they noticed.

**If you could embody one quality that would positively impact all these areas, what would it be?**

### **Step 3: Reflect on the Past Year**

**What word keeps recurring in your reflections or resonating with your desires for the year ahead?**

**How do you want to feel as you move through the different aspects of your life this year?**

*Remember that the word you select should feel both inspiring and authentic—something that challenges you to grow while remaining true to your core values and desires.*

# Step 4.

*I know what I'm doing. I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for.*

*- Jeremiah 29:11*

## Step 4: Define Your Goals

## What would you like to do differently based on what you learned about yourself this past year?

[illegible]

# Goals & Plan.

## **Goal 01**

Spiritual Goal

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## **Goal 02**

Health & Fitness  
Goal

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## **Goal 03**

Financial Goal

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## **Goal 04**

Personal  
Development Goal

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## **Goal 05**

Family &  
Relationship Goal

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## **Goal 06**

Travel & Adventure  
Goal

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**Step 4: Define Your Goals**

**Plan 01**

Spiritual Growth  
Plan

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**Plan 02**

Health & Fitness  
Plan

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**Plan 03**

Financial Plan

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**Plan 04**

Personal  
Development Plan

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**Plan 05**

Family &  
Relationship Plan

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**Plan 06**

Travel & Adventure  
Plan

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# Step

*Take time to sit with different possibilities before making your final choice, allowing your word to emerge naturally from your reflections rather than forcing a decision.*

## Step 5: Identify Your Word



## Empowered By A Word: Defining Your Year with a Word

# Word Ideas for Your Year

Abundance	Clarity	Courage
Balance	Joy	Resilience
Adventure	Connection	Simplicity
Gratitude	Empower	Focus
Completion	Freedom	Surrender
Prosperity	Plenitude	Understanding
Transparency	Revelation	Perceptiveness
Insight	Wealth	Overflow
Fearlessness	Bravery	Valor
Harmony	Excellence	Equilibrium
Bounty	Stability	Strength
Steadfast	Boldness	Delight
Poise	Perseverance	Discovery
Purity	Determination	Mindfulness
Closure	Release	Liberation
Yield	Boundlessness	Closure

## **Step 5: Identify Your Word**

**My Word is:**



# Step.

*Congratulations! You have your word for this year!*

**Let's Dig *Deeper.***

## **Step 6: Dig A Little Deeper**

# Define *My word.*

Let's do some research and dig a little deeper:

**MY WORD IS:**

**Webster's/ Dictionary Definition:**

**Bible Dictionary Definition:**

## Empowered By A Word: Defining Your Year with a Word

### My Own Personal Definition:

Synonyms

Antonyms

HEBREW:

GREEK:

STRONG #:

STRONG #:

### Part of Speech:

N

V

Adv

Adj

[illegible]

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## **Empowered By A Word: Defining Your Year with a Word**

● **How were you impacted by the scripture(s) you found?**

● **How were you challenged?**

# Word Maintenance.

***What song(s) aligns with your word?***

***What quote(s) align with your word?***

***What book(s) align with your word?***

***What other resources align with your word?***

# Declarations.

**I am blessed and highly favored.**

*Luke 1:28*

**My path shines brightly, and it will never go dim.**

*Proverbs 4:18*

**I am bold as a lion and I walk in power and victory,  
and I will not be afraid.**

*Proverbs 28:1; Joshua 10:25*

**My hands are blessed, and I will enjoy the fruit of  
my labor.**

*Psalms 128:2, Isaiah 3:10*

**I will always end up on top and never on the  
bottom.**

*Deuteronomy 28:14 b*

**The Lord is with me as I speak, and He will teach  
me what to say.**

*Exodus 4:12*

**I am living the dream.**

*Psalms 126:1*

**Wealth and riches are in my house and my good  
deeds will last forever.**

*Psalms 112:3*

## Step 6: Dig A Little Deeper

**Take time to journal/declare how this word will help shape your coming year.**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.[illegible]

# Closing Prayer.

**Dear Heavenly Father,**

As this journey through Empowered By A Word comes to a close, I thank you for your faithful presence and guidance throughout these pages. Thank you for meeting me here and for revealing the perfect word that will shape my coming season.

As I embark upon my new journey, I ask that you go before me and make every crooked road straight. Give me divine strategies to navigate this upcoming year and bless the works of my hands. When uncertainty comes, please help me to keep my word as an anchor for my soul and a light to my path.

Father, You are the God of Hope and new beginnings. May my faith be strengthened as I witness Your faithfulness in bringing this word to life. Anoint me in such a way that I will abound in hope and overflow with confidence in Your promises. Let my life be a living testimony of Your goodness as I walk out my word with purpose and conviction.

Grant me wisdom to recognize the opportunities You provide, courage to step into new territories, and determination to persevere when challenges arise. May this word become more than just letters on a page, but rather a transformative force that draws me closer to Your heart and Your plans for my life.

All this I pray in the mighty and precious name of Jesus, *Amen!*

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- Jacques McNeil

# Congratulations!

**You have successfully completed**  
*Empowered By A Word,*  
**Defining Your Year with a Word**