

# FOCUS WORD



A focus word helps you be intentional about the upcoming year. The word provides focus for goal setting, studying, and spiritual growth.

## STEP 1 - REVIEW THE PAST YEAR

When you think about your word for this year, start by reflecting on the past year. *When did you feel most alive and energized? In what ways were people most impacted when you used your gifts and talents? How has God matured you in this past year? With whom did you feel most alive and aligned? What obstacles did you face? What did you learn? In what ways did you fall short? Is there a particular word that comes to mind that sums up what was missing?*

## STEP 2 - PRESS PLAY ON NEXT YEAR

Think about what lies ahead. *What challenges do you anticipate next year? What would you like to accomplish? How would you like to grow? What do you hope will be different one year from now?*

**MY FOCUS WORD:**

## STEP 3 - WRITE DOWN SEVERAL WORDS

At this point, you may have several words pinging around in your brain. Write them all down. You may discover that some of them are actually the same thing but said differently.

## STEP 4 - SEARCH THE SCRIPTURE

Now it is time to dive into God's Word. Reflect on verses that have to do with the things you listed in the previous step.