

1 WORD FOR THE YEAR

Every January people evaluate the things about themselves they loathe the most and figure out a way to change that. We call these New Year's Resolutions. There are those who totally scoff at the idea because MOST people don't follow through past February.

We want to invite your family into something different for 2015 — a Family Word for the Year Exercise. Through the following exercise your family will land on **1 word** that you desire to strive toward this year, 1 word that unifies as everyone works to uphold it, 1 word that gives vision and direction for decisions.

STEP 1-Sit down with the entire family. On a piece of paper/white board write out several different ideas that would define the kind of family you want to be. Notice I didn't say what is something your family wants to DO, but what kind of family do you want to be.

STEP 2-Think about another family yours likes to be around. Write down what it is about them that you admire.

STEP 3-Look through the list and pick one word that continues to reoccur. There will probably be a dozen words that you could pick, but work together as a family to choose one that can encompass much of what you've written. When it comes down to it, just pick one because there will be tons of options.

STEP 4-Write down what that word means to your family.

What a great way to kick off the new year, than having a united vision and focus for your family. Make this even more special by printing the word and hanging it in a frame somewhere, have the word painted on a sign etc. The visual presence of this word hung in a common place will be a continued reminder of what your WHOLE family is working toward in 2015.