

# My Word of the Year

## REFLECTION SHEET



*A gentle space to pause, reflect, and set your intentions for the year ahead..*

*My word for this year...*

Let it guide your days with  
grace and gratitude.

*Why I chose this word...*

*What this word means to me...*

*Home*

*Heart*

*Habits*

*One small step I can take this month...*

*A note to myself...*