



Sharon MacGregor
WORD OF THE YEAR
2021

Turn resolutions into sOul-guided intentions!

*Find your ONE word in FIVE simple-Steps.
Stay focused on what you want to create in your life.
Be guided by what matters to you every day.*

#myword2021

www.sOulgasmLife.com

LIVE WITH INTENTION

Resolutions do not work. For many of us, resolutions are just another list of things to do that will compete with the list we already have. For many of us, resolutions feel like pressure and self-judgment. It's become a way to "should" on ourselves.

I say, "Ditch the resolutions!" Let your sOul lead you this year. How about you set goals that light you up and make you feel good while you are working on achieving them. Let your goals align with what you really want for your life's bigger picture. Let them be things that truly contribute to your happiness.

The simple practice of choosing a single word of the year has taken me from feeling utterly lost, and constantly behind the 8-ball of my life, to feeling contentment, bliss, and unrelenting happiness (most days). It has brought me to sOulgasmic living.

Your **Word of the Year** will keep you focused and aligned with your sOul's desires.

You can use it to:

- Guide your decisions (big and small).
- Guide your behavior and habits (no judgement).
- Help you to know when to say YES and when to say NO.
- Help you to be resilient, see that set backs are not life sentences.

sOulgasm Life is all about living the "Big O for your sOul" every day. It's about enjoying what you are working on as much as what you are working towards. It's about being intentional with your days, months, years, and putting your joy and satisfaction first.

You are on your way to a happier, more intentional 2021.

I am rooting for you!


Sharon

WHAT'S IN A WORD?

WHAT'S IN A WORD?

- Words are power.
- Words give meaning.
- Words have energy.
- Words bring clarity.

Words bring visions and ideas into reality, when you think them, speak them and/or write them. **By choosing a single word as your guide for the year, you are choosing to live with focused intention.** You are choosing an internal guidance system to direct you in every situation. This single word will help you to stay connected and aligned with the vision of the life you desire to create.

Words are magical spells.



POST IN THE GROUP

It's always better with friends. Connect with our community of like-minded people in the **Words, Goals & Intentions 2021 Private Facebook Group**. Head over and introduce yourself. Tell us what your experience has been with resolutions, goal setting, etc. *How did it make you feel?* Tell us about any experience you have had using **Word of The Year** to guide you.

[Click here to visit the FB Group now.](#)



STEP 1: REFLECTION

It is always a good idea to look back before you move forward.

This step will allow you to assess where you are now, and what you need or want going forward. What has to change. Do not judge what comes up for you, be honest about what felt awesome and what did not.

REFLECTIVE QUESTIONS:

If you had a Word last year, what was it, how did it help? If you didn't, write about what worked.

What did not work last year? *Include the successes that felt blah or unrewarding.*

What was your biggest surprise last year? *This could even be your reaction or feeling.*

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STEP 1: REFLECTION

REFLECTIVE QUESTIONS - YOUR WANTS & NEEDS:

What do you wish you had more of?

What do you wish you had less of?

How did your year FEEL? *Was it easy, hard, busy, boring, exciting, fun-tastic...*

How do you FEEL now that the year is over?

What would be the Movie Title of 2020 ?

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STEP 2: VISUALIZATION

Having a vision for your life allows you to live out of hope. - S. Graham

Visualization is one of the most powerful mind exercises you can do. Olympic athletes have been using it for decades! It connects you with the feeling of having what you desire, and connects you to the impact of having it in "real life." Use this exercise to help determine what you need to embody, in the coming year, to bring your visions to life. **Use the gift of imagination to be where you want to go.**

FOLLOW THE STEPS BELOW:

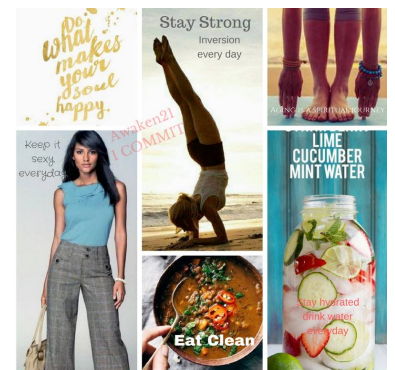
Grab your journal and find some quiet time where you are not distracted, let your thoughts and ideas flow freely. Make some tea, pour some wine, put on some music, or just sit in silence. Imagine without restriction what you want for **2021**.

PRO TIP: Notice (and write about) the feelings that accompany the imagery.

- Imagine your perfect day, how it feels at the beginning, the middle and end.
- Imagine each aspect of your life feeling good: Work, Relationships, Finances, Home, Adventure, Health, etc, hold on to that feeling.
- What are you doing differently in your vision?
- Ask yourself, "What do I want to grow in my life this year?"
- Ask yourself, "What feelings do I crave in my life?"

Create a Vision Board. This step is *optional*, but I have found Vision Boards to be powerful for creating changes in my life. A Vision Board connects you (and your brain) to your desires in a very real way, now, while you are in the process of creation. It will give you the feeling of your desired life each time you look at it. It can be created digitally on Pinterest, or you can clip magazine pictures, and stick them to a board, *old school*.

VISION BOARD



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STEP 3: LET IT FLOW

This next step is fast and fun. We have stirred up quite a lot. Start writing words that come to mind, that can describe what you have to BE to get to the visions and desires for next year. Do not judge. Just write whatever comes to mind, you will edit later. Your mind will be fertile from all of the visualizations you just did. (If you need ideas, check the list at the back of this workbook. **WRITE!**)

BRAINSTORM YOUR WORDS BELOW:

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STEP 4: SELECTION

Look at the words you have written. Notice which ones are getting a "Hell Yes." Group ones with similar meanings, and notice themes/patterns. Circle your best choices. Then select **3 words ONLY**, write one in each of the boxes below.

WORDS AND DEFINITIONS:

In this column - write the word and the dictionary definition in each box.

WORD #1

WORD #2

WORD #3

In this column - write your personal definition of the word. What other meaning does it have for you personally?

STEP 4: SELECTION

We are going to explore how the words will help you get to the life we want to create.


Write your word #1:

REFLECTIVE QUESTIONS:

What makes you think this is missing from your life?

How will you be different when you use this word as a guide in your daily life?

Where in your life are you already embodying this word?

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STEP 4: SELECTION

Write your word #2:

REFLECTIVE QUESTIONS:

What makes you think this is missing from your life?

How will you be different when you use this word as a guide in your daily life?

Where in your life are you already embodying this word?

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STEP 4: SELECTION

Write your word #3:

REFLECTIVE QUESTIONS:

What makes you think this is missing from your life?

How will you be different when you use this word as a guide in your daily life?

Where in your life are you already embodying this word?

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STEP 5: DECLARATION

The last step in this process is committing to the word that will get you closest to your soul's desire next year. When you commit, you make a decision and you remove the other options. Select ONE word and write it in the box below:

MY WORD for 2021 is

I _____ commit to this as my word for **2021**.

I will use this word to guide me this year.

I will use it to make decisions that align with what I want for my life.

I will use this word to guide my actions and re-align my thoughts.

I chose this word because I want more of this in my life.

My word is my bond and I commit that when I feel fear, I will do it anyway.

I am worthy of my desires. I am worthy of the life I desire.

I make this promise to my sOul self.

Morning Mantra: Create a morning mantra using your word.

Examples: Today is a good day.

Every day I am getting better at being the person who _____.

Today I will have the courage and confidence to embody the word _____ when I make decisions and choices. I will stop and notice when I feel scared or want to make old choices, and be kind to myself if I need a little more time to take actions guided by my word.

Morning Visualization:

Sit quietly for 5-15 minutes every morning, and see yourself in your mind's eye, embodying attributes and characteristics of your word. Imagine the feeling of it, and let it fill you up.

Morning Journal:

Take 5-10 minutes to write out your preferred resolution of a current situation, that relates to your word. This is the magical part, so write EXACTLY as you want it to happen.

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NEXT STEPS

MY WORD for 2021 is

You have done it!!! You have taken a huge step towards living with intention, and creating a life that feels divine to you!

Write down your word and post it everywhere! Put it on your refrigerator, in your car, make it a screen saver on your computer and your phone!

Putting Intention into action:

The vision must be followed by the venture.

It is not enough to stare up the steps,
we must step up the stairs.

-Vance Havner

- **The next step is to set your goals and intentions for next year in a way that aligns with your word, and your vision for your life.**
- We are moving away from the disconnected checklist of things I "should" accomplish masquerading as goals.
- We are doing something pretty bad-ass, and starting with the question, **"How do you want to feel?"** Inspired by The Desire Map by Danielle LaPorte.

I am hosting a workshop to lead you through the process of sOul directed goal setting.

This year we are going for sOulgasmic living.

CLICK BELOW TO SIGN UP!

sOul-Full Goal Setting Workshop 



NEXT STEPS

SOUL-FULL

Goal Setting

A workshop for setting goals that align with your **Word of the Year**, and feeling good while achieving them.

February 4th, 2021
1:00 - 3:00pm Eastern Time

On-Line Class presented by:
Sharon MacGregor

SIGN ME UP!

WORD OF THE YEAR IDEA LIST

abundance
achieve
action
adapt
adventure
alignment
alive
allow
always
ambition
appreciate
ascend
attention
authentic
balance
be
beauty
believe
belong
bliss
bloom
bold
boss
boundaries
brave
breathe
build
calm
celebrate
change
comfort
commit
compassion
compromise
confidence
connect
conscious
considerate
consistency
contribute
courage
create
creativity
cultivate

deliberate
determination
diligence
discipline
diva
do
dream
ease
elevate
embrace
emerge
encourage
energy
enjoy
enlighten
enough
enthusiasm
escalate
example
expansion
explore
faith
family
fearless
feminine
finish
flourish
flow
fly
focus
forgive
forward
free
freedom
gentle
give
glorious
glow
goals
grace
gratitude
grounded
grow
here

hero
higher
hope
humble
happy
harmony
heal
health
heart
imagine
improve
increase
indulge
inspire
integrity
intention
intentional
intimacy
intuition
journey
joy
kindness
laugh
lead
learn
less
light
listen
love
magic
manifest
meditate
mindful
money
more
move
new
no
now
nurture
observe
open
organize
overcome

own
passion
patience
pause
peace
persevere
persist
perspective
play
positivity
possibility
power
pray
presence
present
prime
priority
progress
progression
prosper
purpose
quiet
receive
reclaim
reflect
relax
release
renew
renewal
represent
resolve
respect
rest
retreat
revenue
reverence
rise
romance
sacred
sacrifice
seek
self-care
selfish
serene

serenity
share
shift
shine
simplify
sisterhood
slow
smile
soul
spark
sparkle
speak up
spirit
spirit-filled
stillness
strength
stretch
strive
support
surrender
survive
teach
thoughtful
thrive
today
transform
trust
truth
try
unique
unlimited
unstoppable
vision
vulnerability
wake
whole
why
win
wisdom
wish
wonder
work
worth
yes