



2B

WORD! 2025
Naming & Claiming Your Year
with Power & Purpose

20 25

by
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Waysaint
CEREMONIES
Custom Ceremonies from Birth to Earth

The Art of Intentional Living....One Year at a Time.

Choosing a Word of the Year as a way to be more intentional about our ways of being, doing, having, and wishing, versus a New Year's resolution, is a contemporary New Year's practice that came of age in the life coaching era. Resolutions, as we all know, are SO last millennium.

I first began theming my year ahead in 2008 and since then, have expanded this theming into a methodical branding system. So not only do I name and claim my year with high vibrational words, I also create taglines, a symbol, a soundtrack, a vision board, and other reminder talismans (a decorated stick, a stamped necklace or bracelet, etc.). Adding these touchstones has really helped me keep my word(s) and intention for the year alive and thriving.

2025 will mark my 18th year (!!) doing this and what I know to be true about it is this: claiming my intention with a word or words each year has truly helped me shape my story, add meaning to my journey and learn more about myself, relative to both my achievements and my less than stellar strivings. Examples of my past year themes include:

Truth or Dare 2009 Danna Edition: Game On!
Plan BE (featuring 12 BEattitudes or way of beingness – 1 for each month)
Show & Shine (my year to feel seen, heard, celebrated)
ReAMORtize (about re-upping and love)
Quantum Leap (about small, incremental changes)
Dubstep (12 powerful W words)
Airworthiness (about embodying the ethereal and embracing the unseen)
Rise Up Rooted...
Dance Dance Revolution
enlighten Up!
Turning Point
Embodiment
Locus Focus
Wellspring
eLemental
Shape/Shift



What I also know to be true about setting an intention is the power of unleashing a wish and carrying that energy into the coming year. It's been a potent tool for helping me reshape my perception of and relationship with time. In the beginning, I used to think this word thing was a time-sensitive, one-year only deal that promptly expired on the last day of my themed year...not true. These annual intentions continue to live on, like chapters in a book.

2024 Year in Review – The Personal Almanac Approach

2025 ALMANAC

Taking some time to compile an annual review of your year can be very insightful. Begin by mining your planner, social media posts, journals, and other calendar tracking devices and apps for reminders of your yearly activities. Once you start to retroactively track your milestones and life moments, you'll soon find yourself making mental note of them for future years. Here's a sampling of the kinds of things you'll want to get introspective about:

JOYS – where were your highpoints?

SORROWS – what were your low points?

ACTIVITIES – what did you do?

TRAVELS – where did you go – near or far – that stands out for you?

ACHIEVEMENTS – what were your successes?

MILESTONES – what major life events stood out most for you?

DETOURS/ROADBLOCKS – when, where and how did you get derailed this year?

STRESSORS – what (or who) were your stress triggers or projects this year?

SUPPORT – who did you lean on for support? When and why did you do so?

FLOW – what activities did you blissfully lose yourself in?

FLASHBACK PEAK MOMENT – what was your singular peak experience of the year? It might even have been a seemingly small and inconsequential moment. Why that moment?

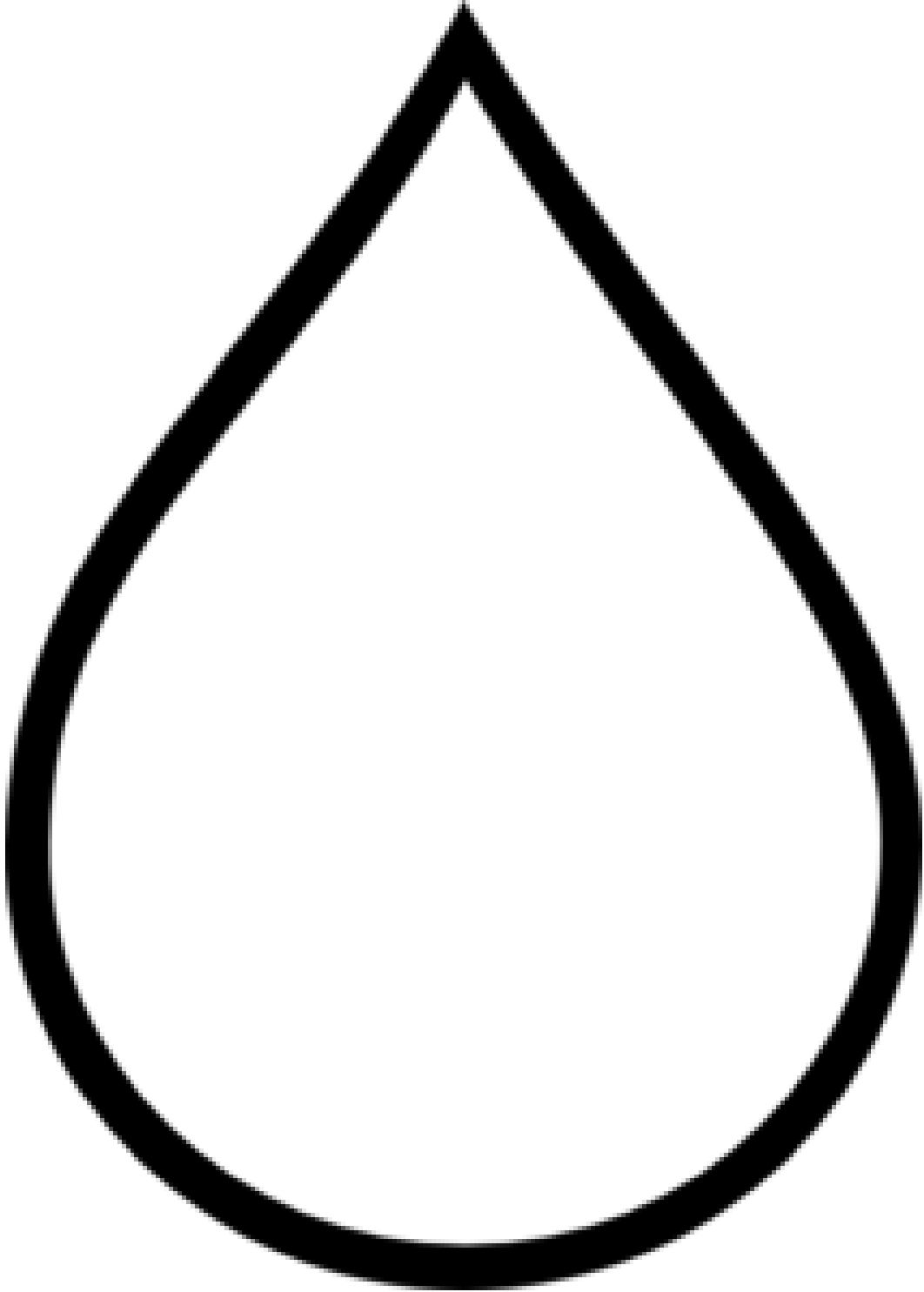
Each of these offers important clues about where and when you were on point, off track or somewhere in between this past year. Take a moment to mind-map these using the visuals on the following pages. For added inspection, you can even cut them out and collage them onto a larger poster board or draw/paste these in a journal for you to keep within constant view during the early days of 2025. Once you've brainstormed these, fill out the bonus Bucket & F**k It! list icons. Those are the things you most desire to still do or to let go of in life. Completing these two graphics will often elicit a clue or two as to what your *Word!* ought to be.



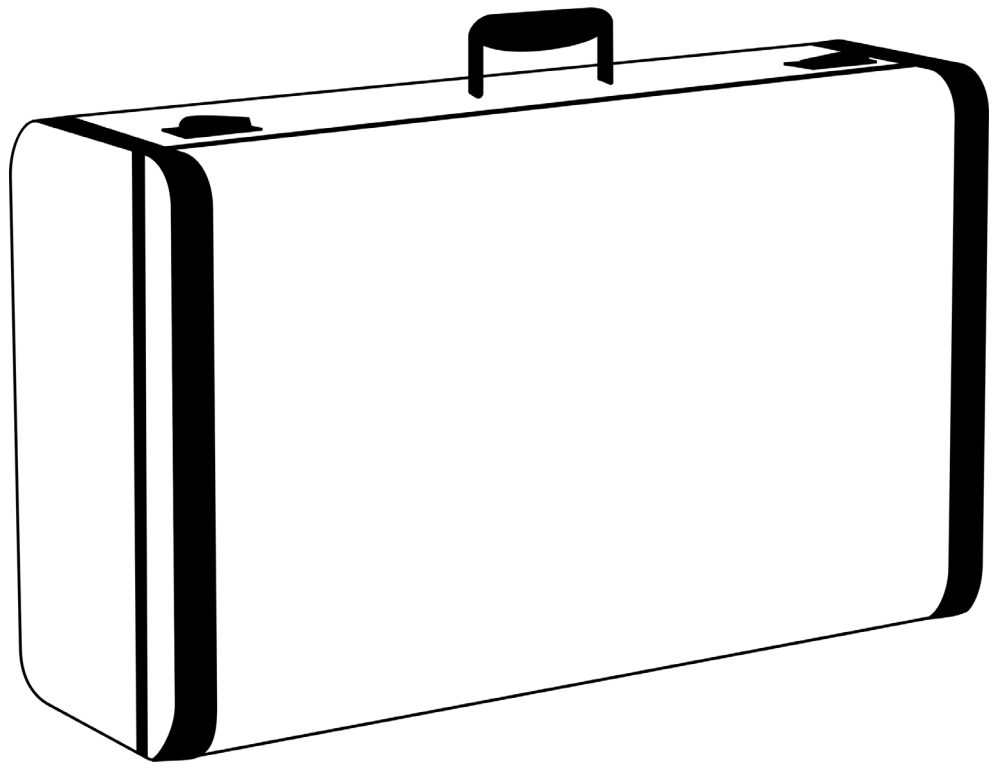
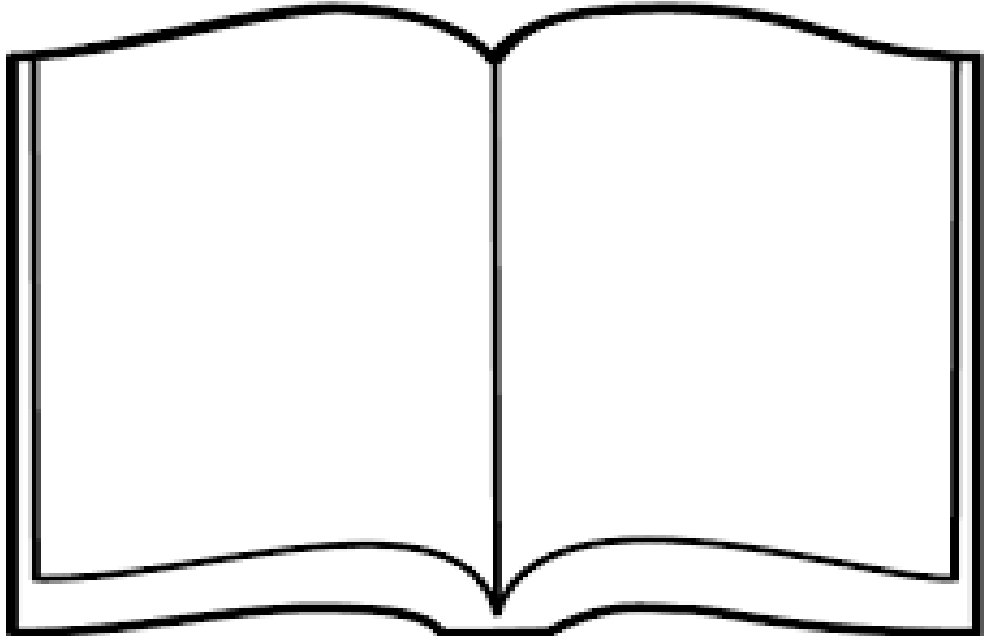
JOYS



SORROWS

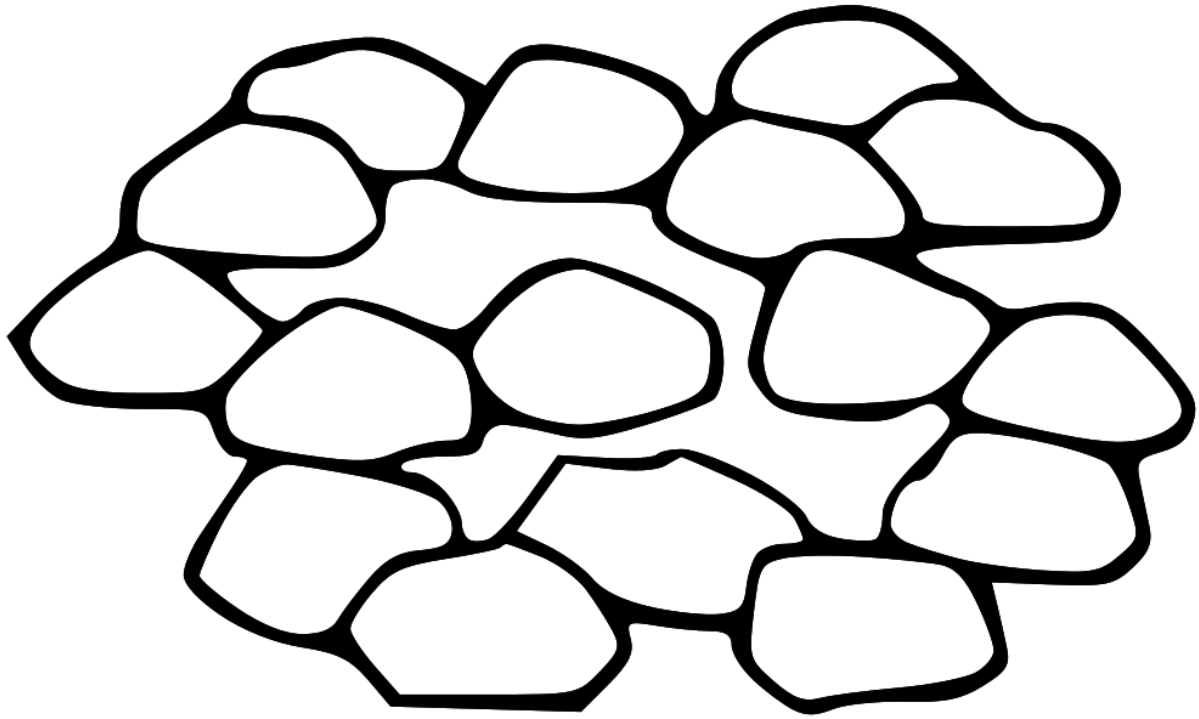


ACTIVITIES



TRAVELS

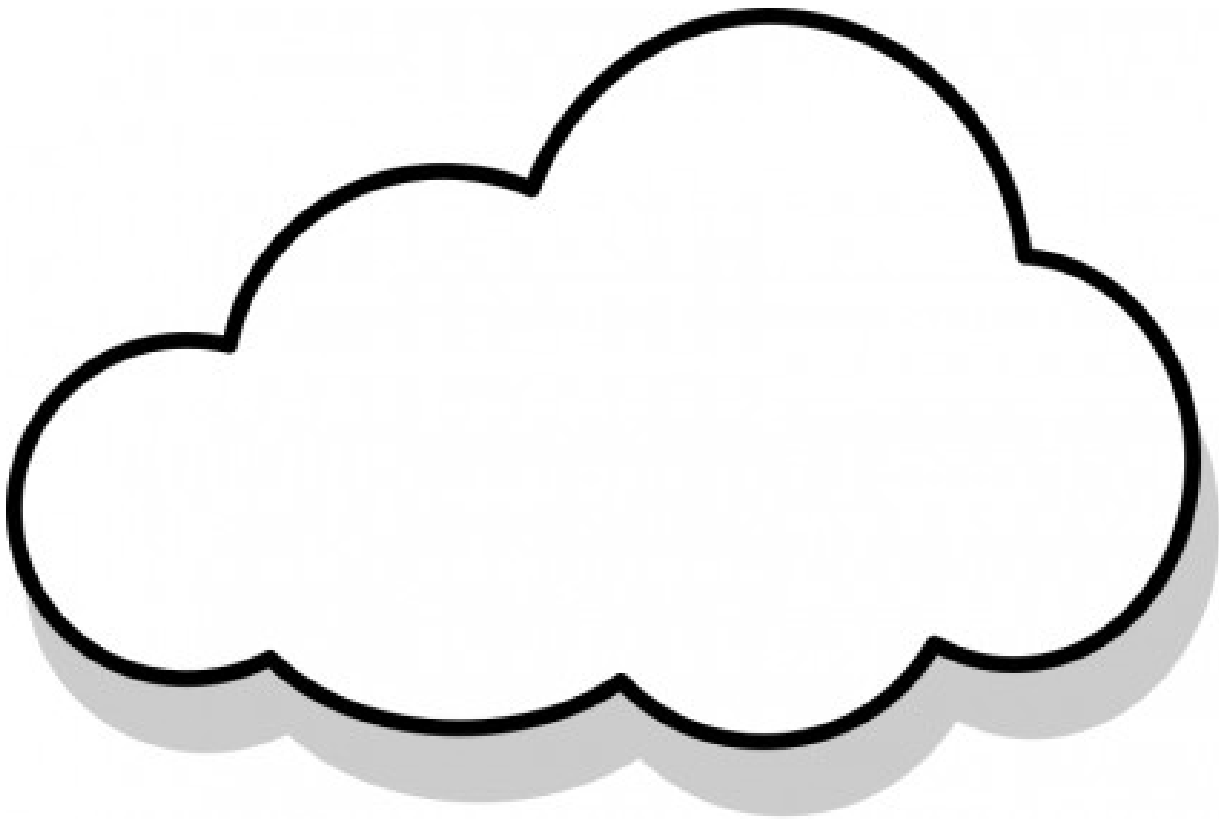
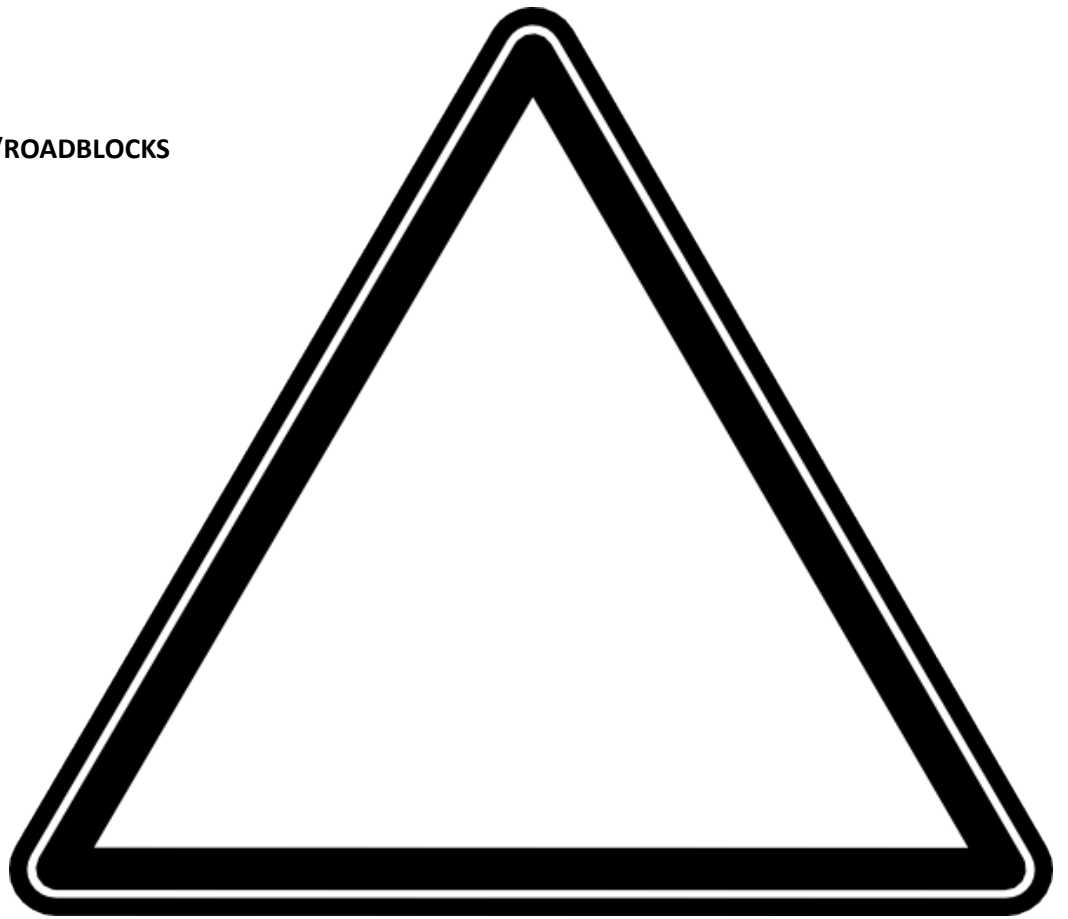
**MILESTONE
MOMENTS**



ACHIEVEMENTS



DETOURS/ROADBLOCKS

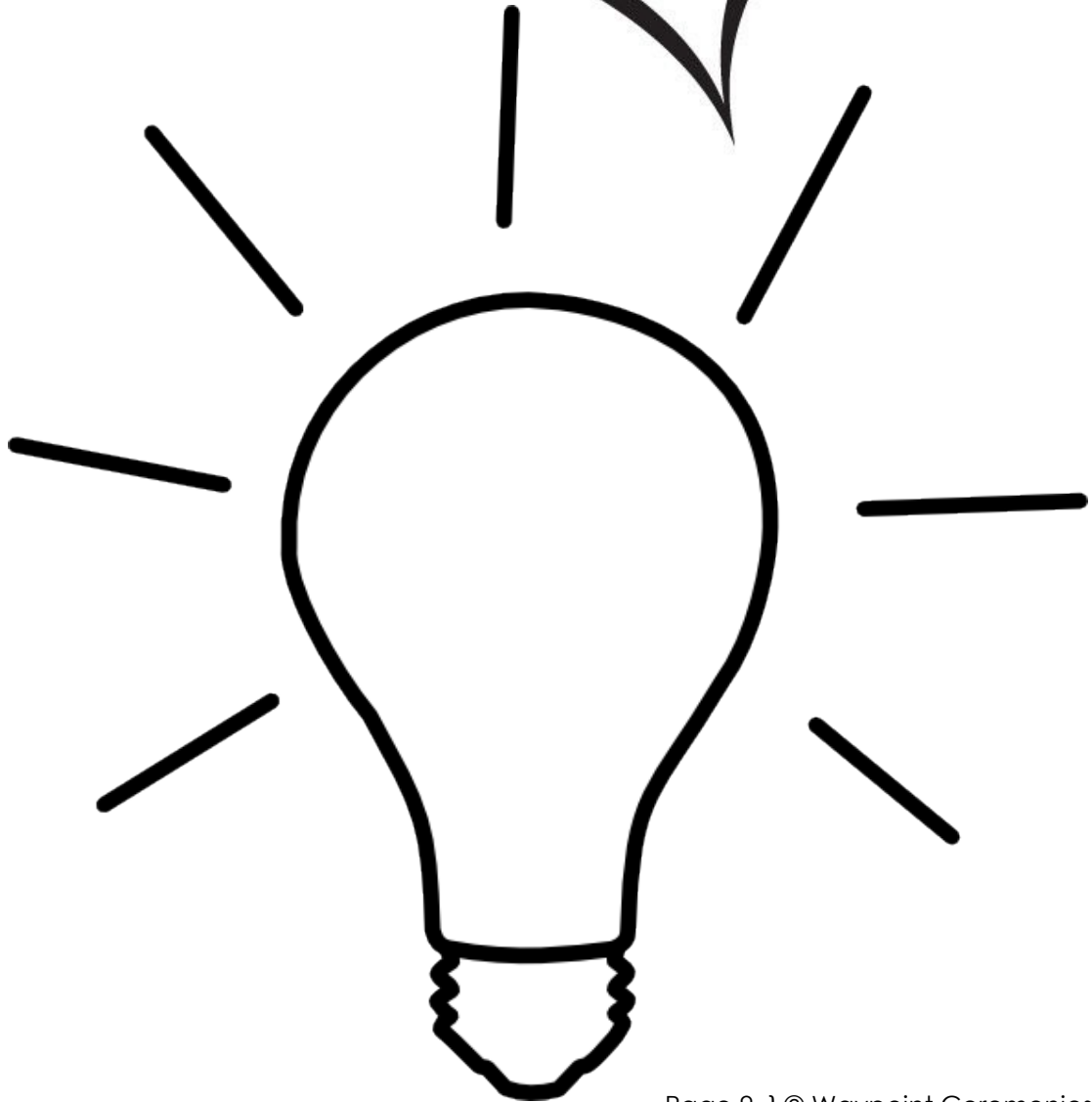


STRESSORS

SUPPORT



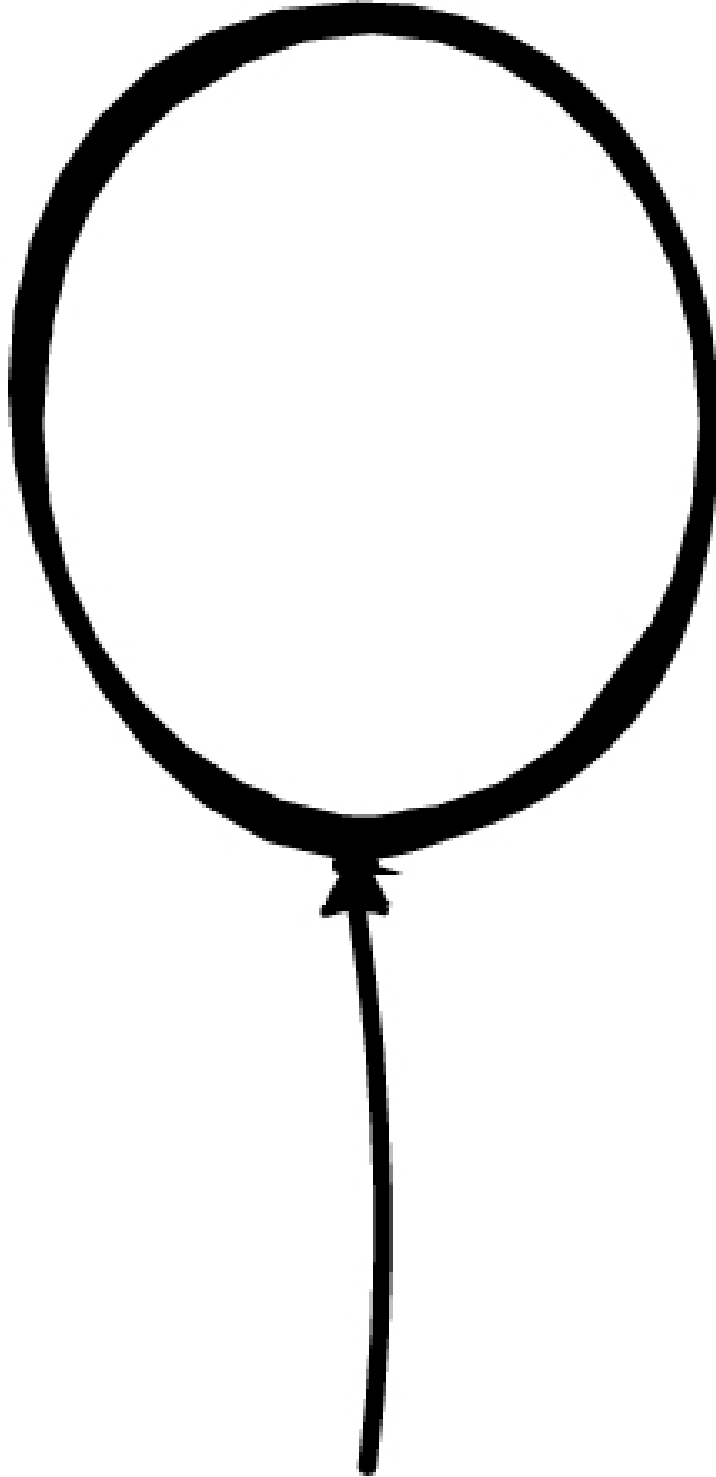
FLOW



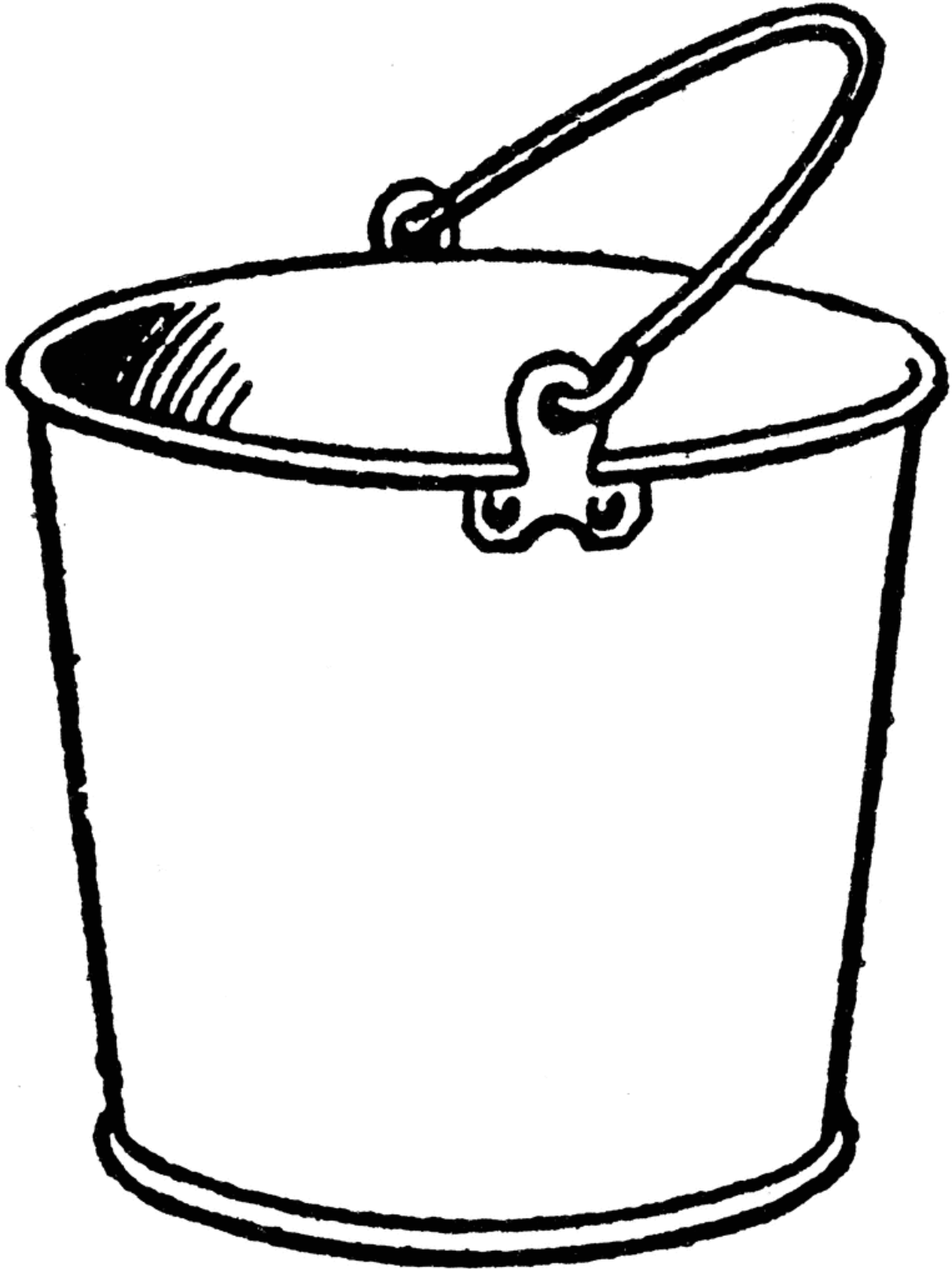
PEAK MOMENT



F*CK IT! LIST



BUCKET LIST



2024 Review Questions

1. What is my biggest triumph or accomplishment from 2024? What am I most proud of?
2. What is the most significant or wisest decision I made in 2024?
3. What is my most meaningful learning or lesson I had in 2024?
4. What is my most significant piece of "unfinished business" from 2024?
5. Which is the relationship I most enhanced in 2024?
6. What is the biggest risk I took in 2024?
7. Who are the three people who had the greatest impact on my life in 2024? Have I told them?
8. What am I most grateful for from 2024?
9. Who were some of my wisdom teachers this year (good, bad, and ugly)? What were those wisdoms and how might they inform my imperatives and directives for 2025?
10. With whom did I engage in real conversation? What were these memorable conversations about?
11. Where and when was I courageous, heartfelt, and wholehearted in my pursuits this past year? List these moments.



12. What are some of the key insights about myself that I harvested this past year?

13. Where and when did I find what poet David Whyte calls "the temple of my adult aloneness" this year? Where and when did that solace show up (places, activities, work, play) and how can I manifest more of it in 2025?

14. Which activities brought me to a sense of calm, presence, and Quietude?

15. When was my relationship with time tested, and what was that about?

16. What did I consciously overhear myself saying this year? (i.e. recurring stories) What do I want to hear myself saying in 2025?

17. What do I need to start doing?

18. What do I need to stop doing?

19. In what areas of my life can I stretch myself and be a tiny bit braver this next year?

20. What do I need to do or say to feel complete about for 2024?



2025 Looking Ahead Questions

1. What would I like to be my biggest triumph in 2025?
2. What advice would I like to give myself?
3. What effort am I making to improve my financial stability?
4. What would I be most happy about completing in 2025?
5. What major extravagance am I willing to experience in 2025?
6. What would I most like to change about myself?
7. What am I looking forward to learning this next year?
8. What do I think will be my biggest risk in 2025?
9. What about my work am I most committed to changing or improving?
10. What undeveloped talent am I willing to explore more of this next year?
11. Who or what am I most committed to serving in 2025?
12. What is the one word or phrase that serves as a theme for this past year?
13. What is the one word or phrase that will be my guide for 2025?



Area of Focus

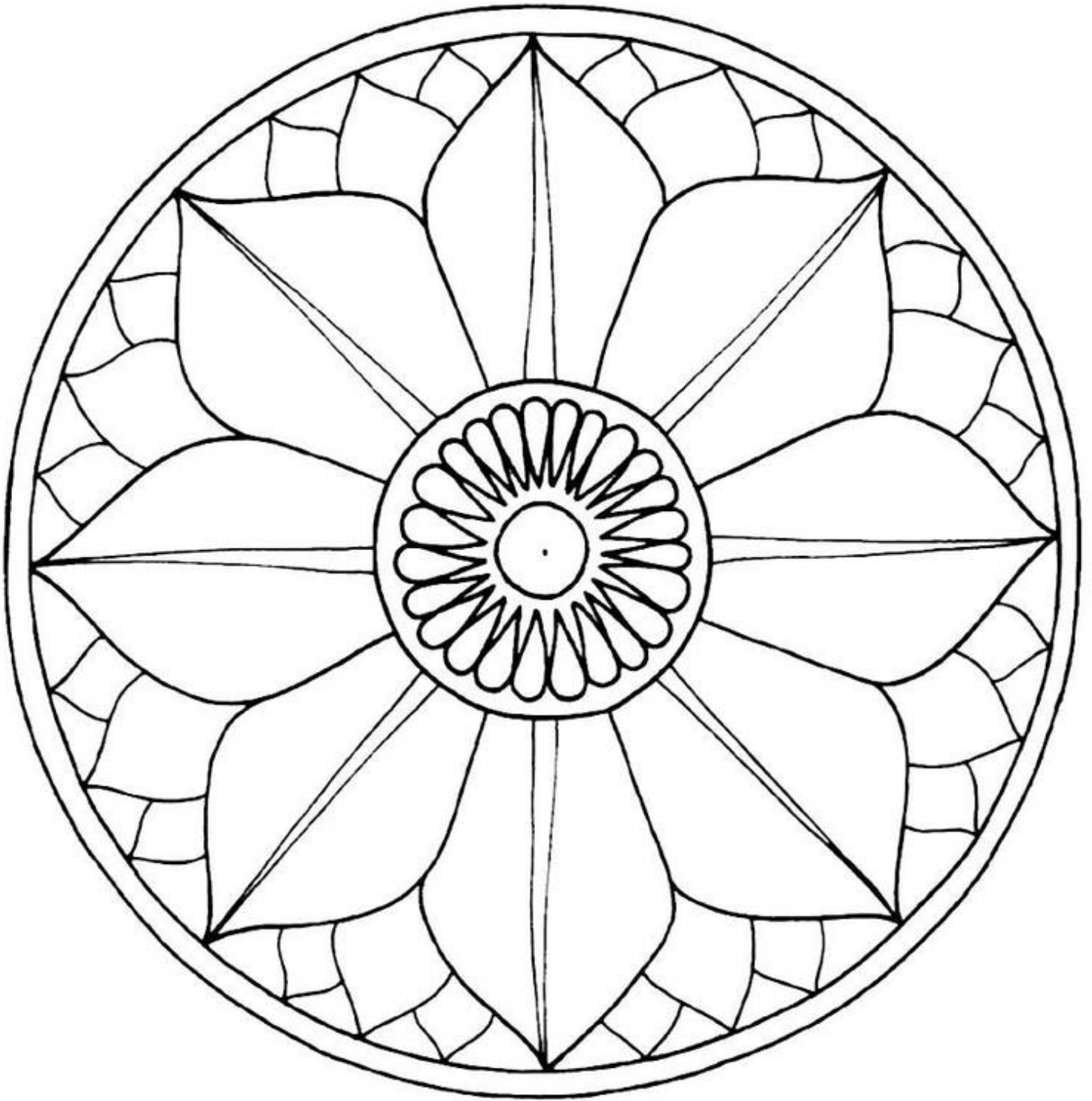
Rank the following areas of your life in terms of what is **most important** to you at this time (1 Highest, 8 Lowest) followed by **where you've focused** the most time, energy, and resources this past year.

<u>Important</u>	<u>Focus</u>
_____	_____ Career
_____	_____ Finances (wealth management, savings)
_____	_____ Fun & Recreation (hobbies, activities, travel)
_____	_____ Health (physical, mental health, fitness, diet/nutrition, etc.)
_____	_____ Home
_____	_____ Key Relationships (significant other, family and friends)
_____	_____ Community Life (social connections)
_____	_____ Spiritual

Rank the following areas of your life in terms of where you have actually been **spending your time**, energy and resources lately. 1 Highest, 8 Lowest

1. Consider your level of satisfaction with each of the 8 areas of your life. Working either vertically or horizontally, shade/color the petals of the flower mandala with a representative amount of color. For example, a 50% satisfaction rating would have color in half the petal.





HAPPINESS MANDALA (print 2 copies)

3x8 Things

Make a **Thrive Alive** chart and identify your three most important priorities for each of the following areas of your life. Write them in your spare Happiness Mandala,

➤ Career

➤ Finances (wealth management, savings)

➤ Fun & Recreation (hobbies, activities, travel)

➤ Health (physical and mental health, fitness, diet/nutrition, etc.)

➤ Home

➤ Key Relationships (significant other, family and friends)

➤ Community Life (social connections)

➤ Spiritual

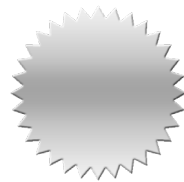


Some Final Thoughts on Your Word!

Word!, in its colloquial form, means to express agreement with something.

Aligning with our highest intentions is a way to truly creed our hoped-for actions. It's about living your dreams aloud and hanging your hat for the year on a hook that helps you orient your year. I use it to help inspire me to live braver and more wholeheartedly. No one else needs to resonate with my *Word!* – it's a me-with-me thing. But it's important that I resonate with it and that it holds meaning and emotion for me in some way. In its simplest form, it's a way to orient your year around a theme and see what shows up.

SEAL OF APPROVAL



Questions to consider when choosing your *Word!* - IS IT?...

- a) **Sexy?** - Is it compelling or provocative or evocative? Does it pique my interest and curiosity? Is it a fun play on words or an ad campaign-worthy tag line or even more compelling, does it have two or three meanings even, such that I want to chase it and be with it for 365 days? Or is it just *ho-hum*, so *what?* (litmus test to an unsexy *Word!* is that it contains *blah blah blah*, *who cares* wordiness, or is forgettable by Jan 21st).
- b) **Energizing?** Does it give me goosebumps, make my heart sing, make me smile or laugh? Do I have a physical or visceral reaction to saying, thinking, or hearing it?
- c) **Ambitious?** Is there enough of a scare or dare factor in it (but not too much - see note below) that I feel like I'm being challenged or reaching or striving to achieve it and/or live up to it. I verb versus noun my *Word!* now so that I remember to stay in the "ing" form of living my *Word!* aloud and proud each year.
- d) **Lasting?** Is it something that will tell a lasting story or keep me engaged with it all year long? Better yet, does it have a legacy element to it, such that it will keep on keeping on well after the year is up?



Word of the Year Resources

<https://abbeyofthearts.com/blog/2011/12/21/give-me-a-word-third-annual-abbey-giveaway/>

Invariably, I head to online-Abbess Christine Valters Paintner's site at Abbey of the Arts (dot com). She has curated a Word of the Year process since about as long as I've been doing a WOTY, which historically, has included a free 12-day mini retreat that is soulful and true and far more contemplative than some of the kitschier approaches to claiming a word that sounds good.

Rather than choosing the word, she advocates seekers take the monastic approach and let it choose you. One of my fave late year/early-in-the-New-Year activities is to mine her blog post comments for all the fabulous words people choose. So much good energy there. (Note: she now appears to be offering a paid contemplative retreat but the blog link above will give you some hot tips re: her introspective process of allowing your word to find you).

The nanosecond I have my *Word!*, I immediately choose to splurge on a necklace pendant or bracelet – artist Liz Lamoureux has a fabulous collection of word-oriented jewelry at <http://soulmantras.com>

<https://www.susannahconway.com/word/>

Download Susannah Conway's Unravelling workbook and work through it alongside some of my own questions, as it helps me to do the necessary year-in-review and look ahead work so necessary to the process of choosing a word. Look for the documents in my email attachments.

<https://www.yourcourageouslife.com/begin/> Kate Swoboda's Courageous Living Planner offers a similar approach. Sign up to download the packet - the questions within it are timeless.

[Year Compass](#) is a new-to-me resource that offers many of the same introspective questions and resource tools as this packet or those listed above. Check it out!

<https://michelewoodward.com/products/p/personal-planning-tool>

I've been following Michele's work for years but her personal planning tool is still new for me. She's a smart cookie and coach. Check out her work.

<https://www.blessingmanifesting.com/2017/12/choose-word-of-the-year.html/>

An old post but a great list of words if you are just getting started with this practice.



10 Creative Tips for Claiming Your Word!

1. SAY FAREWELL TO 2024. Take stock of where you're at by writing a letter to your year, listing your achievements, difficulties, insights, and sources of pride and joy. Express your hopes for the future and your gratitude for how this year changed or marked you. From this letter, you may glean insights into an emerging theme for the new year.

If you want to extend that out a bit, create an almanac by cataloguing your joys, sorrows, activities, travels, successes, milestones, detours/roadblocks, stressors, support, moments of flow, and peak moments.

Doing these things might help you get at what your 2025 word should be.

2. ENGAGE IN WORDPLAY. Spend some time searching out words that express your 2025 intention/wish. Consult a thesaurus, hit up a word-nerd friend, look up the etymology, and spend time seeking out high-vibe verbs, or words that are both noun and verb, words that are an imperative, and my personal favorite, portmanteau and hybrid words. Printing out the thesaurus and dictionary listing of your word can also be very inspiring, as can making an acrostic poem of it.

Not everyone can embrace the double-*entendre* thing but I'm all about that. Someone I know hit me up, all excited about her Word! which was *Sunnyside, WA*. I love what that meant for her, given all her new life milestones. It's immediately sexy and energizing and she turned it into a place which is a really intriguing idea for a Word!. Knowing her as I do though, I suggested she consider modifying it to *Sunnyside Yup!*, as a way to say yes to new things for the upcoming year/ The egg motif spoke to the birthing of new things and yeah...there's an example for you.

My favorite new wordplay trick is to type my word or words into Scrabulizer or some other online anagram program (wordaxis.com) and then word cloud all the cool words it makes (tagxedo.com). I've done this for a few years (*Rise Up Rooted* and *Dance Dance Revolution* held fabulous other words). I've started to notice how all these other words want to come alive in my year(s), too, so I now make room for them!

3. YEARNING/LEARNING/CHURNING DESIRES. Pay attention to these desires. What are you longing for? What is constantly on your mind as an area of growth and opportunity? What is it you want to manifest and create?

4. IT'S ELEMENTAL. Consider your Word! from an elemental perspective. A few years ago, I started theming my year in accordance with the elements. I chose Airworthiness one year (pairing the notions of flight and worth). Another year, I paired earth as my element with my theme of rising up and rootedness. The following year, my element was fire, which meshed nicely with dancing, and more recently, I've resonated with earth and air.

5. EMBODY YOUR WORD! This somatic approach is another tool that has really inspired me in recent years. Consider aligning your word with a chakra as well as a sensory perception.



6. LET OTHER WORDS GUIDE YOU. Scour poetry, song lyrics, inspirational quotes and even your own journal entries and writings for clues as to what your Word! could be. My word in 2016, Rise Up Rooted....(which included the *dot dot dot*), was partially inspired by Rainer Maria Rilke's poem about rising up rooted, and Peter H. Reynold's renowned picture book, *The Dot*.

7. ALLOW NATURE ITEMS & SYMBOLS TO INSPIRE YOU. I don't often choose my totem first, but if I resonate with the pairing of my Word! and a certain symbol that helps me keep my Word! alive and thriving, that's often a sign that my Word! will empower me all year long. Examples of how I've made totems work for me include choosing a feather as my totem during my Airworthiness year, and moss as my touchy-feely thing. Another year, the image of snoopy dancing felt inspiring to me to pair with my dance theme.

Examples of symbols that have inspired friends with their word include my friend whose word! was Threshold. Her symbol was a miniature door.

Heart-centered words beget heart symbols. So, if you're stuck for a word, look around at symbols or your own personal icons (chalice, compass, tiny music box, a poker chip, a bird, a nest, a small mirror, a mini Buddha, etc.) – inspiration is everywhere! These symbols make for ideal Word! of the Year talis(wo)mans to keep on your altar or in some cases, carry around with you as a kind of pocket charm. Other tangible items that can help support you include a themed vision board, custom-word jewelry charms (bracelet, necklace pendant, name badge holder or keychain charm), custom word art pieces (small canvas, door wreath, decoration or other wall hanging), painted rock and felt amulet bag, an art journal, mini prayer flag or quilt piece, mantras, etc.)

8. BORROW A PAGE FROM YOUR OWN CALENDAR. Sometimes the upcoming milestones, travels, places, and events in your life offer clue enough. In 2016, I turned 50 and knew I would be venturing on a solo pilgrimage journey to Europe, so I allowed that to help guide me in coming up with my theme of being more earth-based. The year prior, I was launching my business and creating my marketing tools, so my theme naturally morphed into one of taking flight, building confidence and tackling issues of self-worth.

9. SEAL THE DEAL. My Seal of approval for my Word!, which helps me know if my chosen Word! has enough oomph, is to ask myself if it's [S]exy, [E]nergizing, [A]mbitious and [L]asting. If it doesn't give me goosebumps, make me smile like a Cheshire cat, scare me a tiny bit, and have the potential to be a story I can still talk about years later, it won't get the Danna SEAL of approval. And if I've already forgotten my Word! by January 15th, then chances are it wasn't sexy enough.

10. SIFT THROUGH OLD WORDS. I have more than a decade of cool Word! choices. Sometimes our soul is way ahead of our heart, mind, and body in the choosing of a word. If you're stuck, go back through previous years to see if there is any residual longing and energy with previous choices. I know people who have lived their Word! two years in a row - so perfect to more aptly savor - especially if there's big work to do.



My Word! choice of **Airworthiness** in 2015 was born from my 2014 Dubstep year, which contained 12 W words, Worth being one of them. My epiphany from doing my year in review work for 2014 was that I needed to keep working with Worth. Claiming that word for the next year proved to be a very worthy endeavor.

What I know to be true about this annual tradition is this: claiming an intention for the year with a *Word!* or words has really helped me shape my story, add meaning to my journey, and learn more about myself, relative to both my achievements and my yearning. Lending a theme to my years this past decade has helped me discover the power of unleashing yearly wishes in the form of an intention, and how carrying that energy into the coming year has added momentum and meaning to my journey.

My chosen word pairing for 2019 was **Turning Point**. I chose *Turning Point* because the words turn and point function as both nouns and verbs. This theme served as a reminder for me to go against myself, sidestep roadblocks, and shift gears where needed; as well as an imperative for me to lend focus and direction to my dreams that year.

Turning Point held many other intriguing and relevant words such as toning, touring, ignitor, tuition, origin, intuit, uniting, print, union, putting, grin, pining, pruning, outing, etc....and while maybe not energizing for others, it deeply resonated with me around issues of focus and redirection.

Turning Point embraced what was real and raw for me at that epoch in my life. And relative to this game of life, it signified how indeed, at the start of what was my first full emptynesthood year, it WAS my turn!

Looking back, it held so much. It was the year I found my paternal birth family, began writing my memoir in earnest, and shifted away from wedding ceremonies and towards end-of-life work.

For 2020, my word was **eMbodhiment**. I've often meshed words and carried a primary letter as my Word of the Year and 2020 was no exception. eMbodhiment holds the promise of embodiment – which takes the verb “embody” to an actualized state. It centers the Buddhist concept of bodhi, which is about being aware and awake.

The vision of spending time in contemplation under a tree felt lovely, too. eMbodhiment also features the word “hi” in there, which helped nudge me to be welcoming and invitational towards the Other. And, for me, it had me thinking about the notion of eMbodhisattvaing – a hybrid of embodying a way of being (embody) and doing (bodhisattva), in which I am thinking about how it is we save each other and this planet.

eMbodhiment was my reminder to myself to walk my spiritual talk, listen to my body, and deepen my calling to be of compassionate service to others while also being focused on many M words that pair with that like Mindful Manifesting, Manuscript Mastering, More Minimalism, Mad Marveling, Mantras and Mudras, Mandala Making, Metta Morphing,



Magnificent Miracles, Making and Mending, Magic and Mystery, Muscle Memory, and Mischief and Merriment.

In 2021, my Word! was **Locus Focus** and my tagline was What's my Opus? Locus Focus encapsulated my desire to both Make! And Believe! By finding the magic in my own backyard (during a year of social distancing), trusting in my creations, and focusing my efforts and attention. It turned out to be a very busy work year for me with ceremonies and so much of my focus ended up being work-related but I reaped many rewards with creating lots of new rituals and getting to serve more than five dozen grieving families during Covid (part of my Opus). And I was able to make some traction on a nearly completed memoir manuscript (the other part of my Opus).

In 2022, I chose **Wellspring** as a guiding word. It was so simple that I almost overlooked it. Thankfully, it was a compound word that contains a couple of nouns, an active v3erb, an impetus of reflective hesitation, a sacred place, a feeling and healing state, two elements, a season, an artistic challenge, and some earthly depth. My tagline was Eureka!, which was my reminder that the holy well, the so-called Monty Python Grail, Santiago, Mecca, the stash of gold (insert coveted destination, oasis, or thing here) is embedded in the N-O-W. It's all within and the work, for me, was to prime the pump, tap the well, and all the other stuff that such quests entail.

My 2023 Word – **eLemental** – was all about embracing a bunch of L words – namely LET, Love, Live, Look, Listen, Light, Lore, Laugh, Liminal, Less, Legacy, Lean, Learn, and Literary – each of which Lent focus and meaning to my year. I was intent on Listening to all the elements this past year...not just one. 2022 held the element of water with Wellspring, whereas 2024 was mostly about earth...but I was willing to Let it be an interplay with earth, wing, fire, and water. I really liked that eLemental held other words, too, like menta, mantel, mentee, lean, meta, meet, team, let, elm, tea, mat, amen, tame, and tale. In retrospect, I was definitely a mentee in my deathcare work this year and the word mental factored hugely, too – 2022 was a head trip, to say the Least (see what I did there?!).

My Word! For 2024 was **Shape/Shift** – the diagonal was a deliberate “shape” that I include in there to remind me to lean forward into my life, as author Mary Anne Radmacher would say. The transitive verb Shape/Shifting has held many words that I'm smitten with – if, ha, ah, Shh!, psst, she/her, trip, fete, ripe, path, afire, sharp, spire, heart, arise, easier, rest, earth, hearth, firsts, priest, ether, thesis, assert, feather, fiestas, spare, tree, star, art, and of course, shape and shift...more than enough to hang a hat on dance with this coming year.

And so, with all this said, I now turn and point to you and whisper: *your turn!*

What word or words are calling out to be claimed by you this year? On your mark, get set...

Word!



RITUAL IDEAS TO BEGIN YOUR YEAR

Theming your year with a *Word!* is one of countless ways to orient and begin your year anew. The ideas below are some other creative strategies you can adopt to beat the January doldrums and infuse these early days of the year with meaningful ritual.

Joy Jar – An easy, daily practice (<http://www.elizabethgilbert.com/lets-talk-about-those-happiness-jars-shall-we-dear-lovelies-about-a-y/>) for cultivating joy.

Count Your Blessings – There are lots of ways to do so. You can start a gratitude journal, write on slips that go in a canister, etc.

Weekly Scare & Dare Box – Fill out 52 slips of small and big things you'd like to add to your year, and then select one a week for the rest of the year in order to get your dares on the calendar.

Vitamin Yay! Box – Every accomplishment, big or large, gets noted on a slip and put in an empty jar or box. At the end of the year, you have a fabulous record of all the most noteworthy things that happened to you the past year.

Collage – Spend an afternoon or evening collaging magazine images for a 2025 dream or vision board. I've been doing this for a decade and it works like magic!

2025 Love Letter/Declaration – Address a fan letter to 2025 as a kind of declarative of all you plan to claim and manifest this year. Do it again at the end of the year in the form of a farewell/gratitude letter.

Get Out & Go Within – Choose a park, a local labyrinth or outdoor locale and plan to spend a few hours hiking or being in solitude in nature. Make this an early January tradition.

Reach Out – Begin a new year's tradition of reaching out to a long lost relative or friend via a handwritten note or phone call. Let them know what they mean to you. And then if you're feeling bold, make this a monthly ritual.

Retreat Yourself – Carve out a contemplative weekend, day or even an afternoon for yourself each January for dreaming and scheming and be sure to commit to a portion of the time being spent in silence.

Urge to Purge – It may not be fun but purging house and home in these early weeks is an innate urge we all feel. Take advantage of your inner impulse and set a certain January date as your annual winter Donation Day.

Up in Flames – Nothing says New Year ritual like a ritual of release. Even something as simple as burning a handful of slips of paper, of what you're letting go of, can be a cathartic way to release the old and usher in the new.



Make a Splash – Continuing with the elements, consider what water-based ritual you might want to adopt each January. It might be something as simple as an Epsom salt bath, as daring as the Polar Bear plunge, or as meditative as a trip to the sea. But consider how you might ritually dip a toe in water, near or far, to soak up the restorative power of water.

Turning Leaf – This is a variation of a seasonal ritual I engage in often. Find a pleasing leaf and inscribe it (sharpie, paint, embroidery thread, whatever) with the old year date and a word to describe that year. Turn it over and do the same for the new year – inscribing it with the word or words you're claiming together with the year. Over time, you can save these leaves (laminated or some other form of preservation) and hang them on a small tree in your home or make a garland of them.

In(SPA)ration – Indulge in a mud bath spa treatment or Korean scrub at a local spa as an embodied way to scrub away the old and embrace the new in skin form.

Self-Love Cards – Make your own deck of *How Do I Love Thee?* cards. If you're stuck for ideas, shamelessly curate sentiments from your friends and family. Make sure you have a full deck of 52 and then draw one a week as weekly sustenance....because YOU are awesome!

aMUSE Yourself – Treat yourself to a January adventure in the form of a museum/gallery day, photography date, antique shop strolling or tourist attraction visit as a way to help you see the year with new eyes and inspiration.

New Movement – Consider some new form of movement – be it yoga, dance, or joining a local walking club - and commit to making that part of how you approach your year.

How Great Thou Art – Do as Rumi says. Take down an instrument...or a paintbrush, or a camera phone, and dare yourself to try an art form unfamiliar to you. It might be daily art journaling, photography, knitting, or who knows?

Deepen Your Practice – Be open to spiraling deeper into one or more of your spiritual practices. If you do yoga, try laughing yoga. If you meditate, try a different form. As a way to do so with my daily poetry practice (I've been reading 3-4 new poems a day for the last couple of years), I am committing to choosing a line from each poem that moves me, collecting those lines in a bowl and creating an assemblage poem from it at year's end.

Service Project – choose a new service organization to align your volunteer efforts with, or re-commit to volunteering or serving your chosen non-profit in new ways this year.

A Year to Live – Borrow a page from Stephen Levine's inspiring book, *A Year to Live*, and approach your year ahead as though it were your last. What trips would you take, what legacy projects would you enact, which relationships would you repair, and what incomplete paperwork would you get in order? Living your life from this approach helps *carpe* your 365 *diems* ahead in amazing ways.

