

One Word

For 2023

Think About Last Semester.

What is something that went well for you?

What is something that could have gone better?

Think About Last Semester.

If you could describe last semester in **one** word,
what word would you choose?

WHY?

Thinking Ahead.

What usually happens when we make
NEW YEAR'S RESOLUTIONS ?

They don't last. We forget about them.

We feel bad about not reaching unrealistic goals.

Thinking Ahead.

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Instead of creating a list of typical, self-defeating resolutions
which usually are limiting in some way

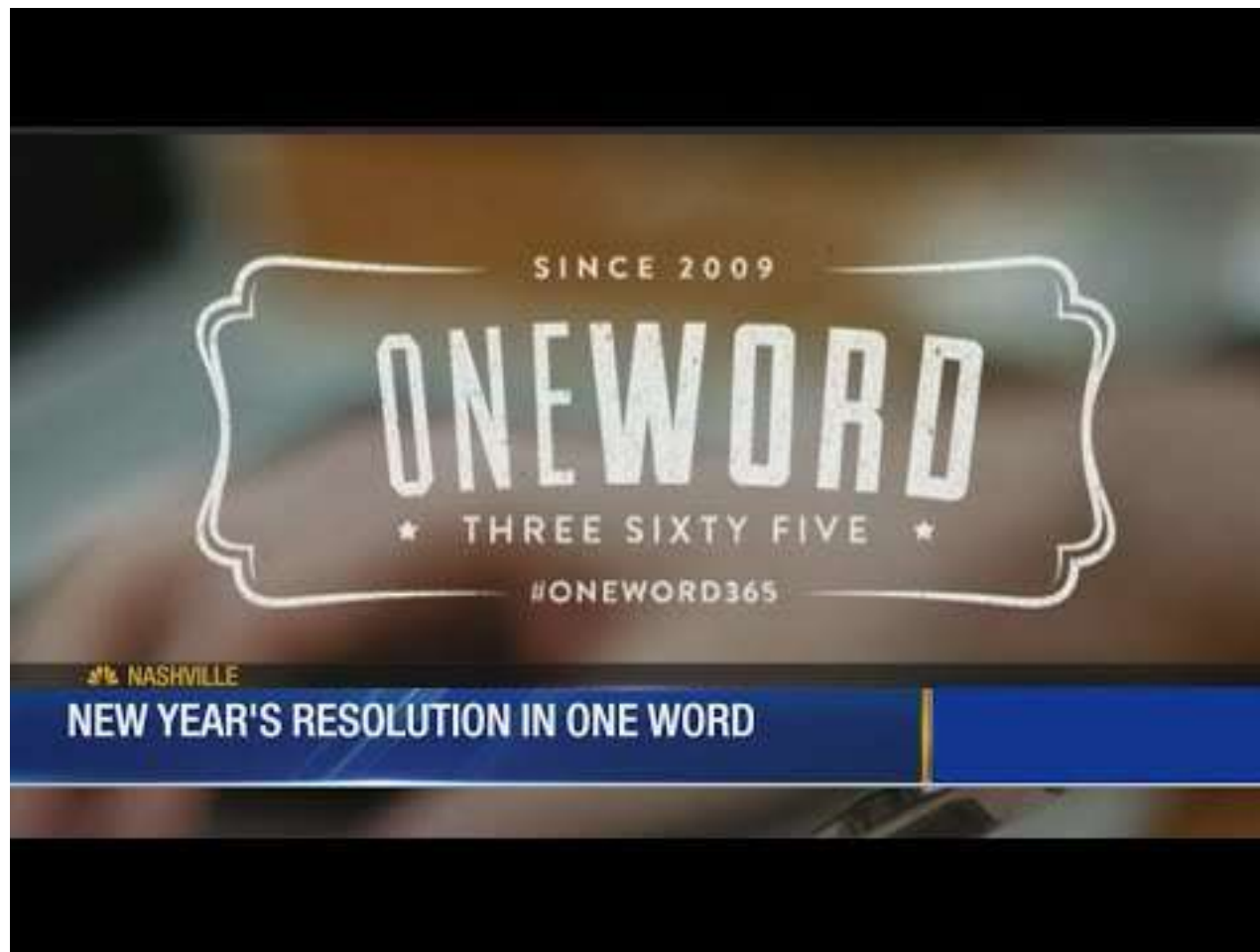
(Stop Procrastinating, No More Dessert, Quit Being a Slob)...

What if we choose just one word to inspire us and guide us
for the year and invest our energy into that word?

One Word



One Word



One Word



Choosing Your Word.

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Topics to Consider:

- What do I need?
- What do I want?
- What gets in my way?
- What do I need to focus on?
- What do I want to do this year that I haven't done before?
- What do I want to do better this year?

Your Word

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When you have chosen a word, you can use Google Slides or paper/pencil to create a slide for the year.

Choose 2-3 images to go with your word.

Write a brief explanation of why you chose the word

Include **what this word means (to you)**, not the dictionary). **How will this word help you** inside and outside of school?

Add your name. Turn it in.

Word Inspiration

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WORD OF THE YEAR IDEAS

| | | | | |
|------------|------------|---------------|------------|-------------|
| ABSOLVE | BLOOM | CREATION | EXPLORE | HAPPY |
| ABUNDANCE | BOLD | CREATIVE | FAITH | HARMONY |
| ABUNDANT | BOSS | CREATIVITY | FAMILY | HEAL |
| ACCEPT | BOUNCE | CULTIVATE | FAST | HEALTH |
| ACCEPTANCE | BOUNDARIES | DAUGHTER | FAVORITE | HEART |
| ACHIEVE | BOUNTY | DECLUTTER | FEARLESS | HERE |
| ACT | BRAVE | DECREASE | FINISH | HIGHER |
| ACTION | BREATHE | DEDICATE | FITNESS | HOME |
| ADAPT | BRIDGE | DEDICATION | FLOURISH | HONEST |
| ADD | BRIGHT | DELIBERATE | FLOW | HONESTY |
| ADVANCE | BUILD | DELIGHT | FLY | HOPE |
| ADVENTURE | CALM | DETERMINATION | FOCUS | HUMBLE |
| ALIGN | CAPTURE | DEVOTE | FORGIVE | HUSTLE |
| ALIGNMENT | CARE | DILIGENCE | FORWARD | IMAGINATION |
| ALIVE | CARING | DIRECTION | FOSTER | IMAGINE |
| ALLOW | CELEBRATE | DISCIPLINE | FOUNDATION | IMMERSE |
| AMAZING | CENTRE | DREAM | FREE | IMPROVE |
| AMBITION | CHALLENGE | EASE | FREEDOM | IMPROVEMENT |

Word Inspiration

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ALIVE
ALLOW
AMAZING
AMBITION
ANCHOR
APPRECIATE
ARTICULATE
ASCEND
ATTENTION
AWAKE
AWAKEN
AWE
AWESOME
BALANCE
BALANCED
BE
BEAUTIFUL
BEAUTY
BEGIN
BEHOLD
BELIEVE
BELONG
BEST
BETTER
BIG
BLISS

CARING
CELEBRATE
CENTRE
CHALLENGE
CHANGE
CHARISMA
CHASE
CLEAR
COMFORT
COMMIT
COMMITTED
COMMUNICATE
COMPASSION
COMPLETE
COMPLETION
COMPOSE
COMPROMISE
CONFIDENCE
CONNECT
CONNECTION
CONSCIOUS
CONSISTENCY
CONSISTENT
CONTRIBUTE
COURAGE
CREATE

DIRECTION
DISCIPLINE
DREAM
EASE
EDUCATION
ELEVATE
ELEVATION
EMBODY
EMBRACE
EMERGE
ENCOURAGE
ENERGY
ENJOY
ENLIGHTEN
ENOUGH
ENTHUSIASM
ENTHUSIASTIC
ENVIRONMENT
ESCALATE
EXAMINE
EXCITE
EXCITEMENT
EXPAND
EXPANSION
EXPERIENCE
EXPLORATION

FOSTER
FOUNDATION
FREE
FREEDOM
FRIEND
FRIENDS
FULFIL
FULFILLING
FUN
FUTURE
GENEROSITY
GENEROUS
GENTLE
GENTLY
GIVE
GLORIOUS
GLOW
GO
GOALS
GRACE
GRACIOUS
GRATITUDE
GROUNDED
GROW
GROWTH
HABIT

IMAGINE
IMMERSE
IMPROVE
IMPROVEMENT
INCREASE
INDULGE
INSPIRATION
INSPIRE
INTEGRITY
INTENT
INTENTION
INTENTIONAL
INTIMACY
INTIMATE
INTUITION
JOURNEY
JOY
JUMP
KIND
KINDNESS
LAUGH
LAUGHTER
LEAD
LEARN
LESS
LIFE

Teacher Example

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Mrs. Douglas

Prioritize



LONDON NEW YORK TOKYO MOSCOW







Prioritizing means deciding what is most important. I need to find the best way to prioritize family time, schoolwork, housework, and my life outside of school in order to find balance. This will help me focus on what is important to me and forget the “little things” that aren’t significant. I never want my children or my students to feel like they are less than important to me. I don’t want to miss out on big opportunities because I am focused on something small.

Student Example

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Overcome

“Overcome” means to defeat or outsmart an obstacle.




I want to overcome any hate, problems, and obstacles that get in my way of having a good semester and year!!! This will benefit me by giving me strength to be happy and do better at school and be more aware of what is happening around me.

Hanna

Student Example


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FOCUS

What “**F**ocus” means to me is to pay attention to what is in front of me.

Improving my **F**ocus will help me improve my reading make better grades and reach my goals.



Trenton