



Leading others on their faith journey

...one trial and triumph at a time

Tips for Success with Your *One Word* Theme

When I first learned about “*One Word*” I admit I was skeptical. Not about the concept – it sounded great. No, I was skeptical it would really work. You see, I have a long list of failed New Year’s Resolutions. Can you relate?

One Word is different. The concept: Instead of making resolutions, which never seem to last, you select *One Word* for the year. Just one. Like a theme sort of.

I have been practicing *One Word* for two years now and no longer am I a skeptic.

It has completely changed my method of self-improvement.

I simply followed the few disciplines listed below and was pleasantly surprised at my success. My *One Word* would pop into my mind whenever I acted, reacted, said, or did something that was not aligned with my goal.

It will permeate all areas of your life. It will show up in your relationships, finances, work, and even your walk with God.

For instance, PATIENCE was my word the first year. So, any time I was *impatient*, PATIENCE PAM, would pop into my mind.

So, when that very slow, customer service challenged clerk at the coffee shop was chatting away with her friend instead of taking my order, my blood didn’t boil over. My *One Word* came to mind and reeled me into a more patient place.

When my child didn’t do something I’d asked, I didn’t fly off the handle like I might typically respond. I was able to be patient and get a grip enabling me to react with grace.

I soon learned what triggered my impatience. So as the year went on I could actually halt impatient behavior before it started.



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Here are some of my favorite tips for success with a *One Word* theme:

- Select Your *One Word* – This may be the most difficult part. Your word could be an area of struggle you'd like to conquer. I did PATIENCE one year because I know this is an area I need to develop. Your word could be an attribute of Jesus or someone else you admire. Perhaps you'd like to be more kind, outgoing, quiet, or caring. If you're a praying person, pray about it. Ask God to put a word on your heart that He wants to speak into your life. Take your time! My *One Word* takes me several weeks or even a month to discern.
- Write your *One Word* down somewhere and display it in a prominent place where you will see it throughout the day. This is critical to having your *One Word* begin to take root in your life. Put it on your daily To-Do list, a sticky note on your bathroom mirror, a note in your car. Any place that will be visible to you throughout the day will work. I had a bracelet made with my word on it.
- Tell others about your word. If you have trusted friends that you tap into for accountability, ask them to check in with you periodically about your *One Word* progress. **Remember, it's not about perfection, it's about progress.** If you keep your word front and center, it will pop into your head throughout the day. Invite others to join in. It can help to do *One Word* with others, but it's not necessary.
- Pray about your *One Word*. Invite God into this adventure. Ask Him to place this word on your heart throughout your day as He sees fit.
- Jot down your learnings throughout the year. This is especially helpful if writing something down makes it stick for you.

This truly works **IF** you keep the word front and center. Do whatever works for you to keep it in the forefront of your mind. For me, it was writing it down in a prominent place and praying about it daily.

Remember, it only takes 21 days to create a habit. If you think about your word consistently for just a few short weeks, it will take root and change your life.





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It is my hope these tips help you have a successful *One Word* experience. Here are some additional resources including some potential words you might want to consider. Wishing you nothing but success!

Additional Resources:

myoneword.org

getoneword.com

oneword365.com

[The One Word That Will Change Your Life](#)

MyIntent.org

Some potential words you might want to consider making your own

Patience

Kindness

Comfort

Pause

Others

Cleanliness

Prayer

Love

Order

Hope

Joy

Frugal

Complete

Peace

Think

Finish

Happiness

Provision

