

## Word for the Year Reflection 2025

As we step into 2025, we're thrilled to share this practice with you—an offering rooted in our mission to transform lives and inspire meaningful change. We hope it serves as a tool to help you, and those around you, build a year filled with intention, joy, and purpose. Thank you for standing with us and supporting our mission to create brighter futures for the youth we serve. Together, let's make this year extraordinary!

*From All of Us at New Pathways for Youth*

### Intention

Choose a word to embody and practice throughout the year. It serves as a guiding principle. It can help steer decisions, foster growth, and inspire change, offering clarity and focus for the year ahead.

### Choosing a Word

- Consider challenges, lessons, or experiences that stood out to you
- Consider qualities you want to see more of
- Consider unique needs in your life or that you want to manifest
- Brainstorm words
  - Love, patience, integrity, devotion, forgiveness, compassion

### Ask Yourself These Questions

- Does this word inspire and excite you?
- Will it serve as a reminder to stay aligned with your goals and values?
- Is it specific yet flexible enough to apply across different areas of your life?

### Try it on

- Imagine how this word would guide your decisions and mindset throughout the year.
- Does it feel empowering and relevant?

### Make it Visible

- Once chosen, keep your word present in your daily life: write it down and have it by your mirror or desk, create a vision board, or use it as a mantra.
- Journal about it; weekly or daily
- Use reminders app on phone to highlight your word daily
- What else?