

Word of the Year Worksheet

- Ishtar's Cauldron -

VIDEO FOR WORD OF THE YEAR CAN BE FOUND HERE: [HTTPS://YOUTU.BE/3YIETMFSRWE](https://youtu.be/3YIETMFSRWE)

USE A DIFFERENT WORKSHEET FOR EACH WORD.

DATE:

MY WORD OF THE YEAR IS:

TAKE A FEW MOMENTS TO BREATHE, CALM AND CENTRE, THINK ABOUT THE WORD YOU HAVE CHOSEN, WRITE OR DRAW HOW IT MAKES YOU FEEL, WHAT IT SYMBOLISES TO YOU:

WRITE FIVE DIFFERENT AFFIRMATIONS INCORPORATING YOUR WORD. REPEAT THEM OFTEN

- 1.
- 2.
- 3.
- 4.
- 5.

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WRITE YOUR WORD AND THE AFFIRMATIONS YOU CREATED ASSOCIATED WITH YOUR WORD IN A PLACE OR PLACES YOU WILL SEE THEM EVERY DAY,

YOU MIRROR

SCREEN SAVER

REMINDER ON YOUR PHONE

STICKY NOTES

JOURNAL

IMAGINE THE VIBRATIONAL ESSENCE OF THAT WORD INFUSING WITH YOUR ENERGETIC AND PHYSICAL BODY.

IF YOU FEEL SOME RESISTANCE ASSOCIATED WITH YOUR WORD OR THE AFFIRMATIONS THEN COMPLETE THE STEPS BELOW.

MY WORD/AFFIRMATION IS:

THE RESISTANCE I FEEL RELATED TO THAT WORD IS LOCATED: (WRITE DOWN WHERE YOU ARE FEELING THE BLOCKS OR RESISTANCE – YOUR AURA, CHAKRA, AN AREA OF YOUR BODY, YOUR MIND...)

RATE OUT OF 10 HOW STRONG THE RESISTANCE OR BLOCK IS – 0 BEING NO RESISTANCE AND 10 BEING THE MOST RESISTANCE.

LISTEN TO THE MEDITATION [HTTPS://YOUTU.BE/XC25Uat_tZQ](https://youtu.be/XC25Uat_tZQ)

THEN RATE THE STRENGTH OF THAT RESISTANCE OR BLOCK AGAIN OUT OF 10.

IF THERE IS STILL A BLOCK – REPEAT THE PROCESS

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THE AIM OF THE WORD IS TO INSPIRE FEELINGS OF PEACE AND POSITIVITY AND CONNECT YOU WITH YOUR FUTURE

VERSION OF YOU