



CANDACE WOESCH LIFESTYLE BLOG

2018

GUIDE YOUR YEAR AHEAD USING A ONE WORD RESOLUTION

STEP ONE / inspiring words to get you started

Balance | Nurture | Resolve | Encourage | Challenge | Inspire | Explore | Grow | Health | Creativity | Release | Aspire

STEP TWO / brainstorm a few words to describe where you want to go in each of these sections in the new year

Career	Health & Wellbeing	Personal	Family
Hobbies / Interests	Significant Other	Friends	Something New

STEP THREE / choose the word that stands out to you the most, this will guide your year

