



*What you focus on grows, what you think about expands,
and what you dwell upon determines your destiny.*

-Robin Sharma

This year can be the most wonderful, incredible year ever, if that is what you have in mind. As Robin Sharma said, "What you focus on grows, what you think about expands, and what you dwell upon determines your destiny." If you are putting aside misery and negativity, and focusing on the things that you want, you can make them a reality.

As we get ready to set up this gorgeous year, what is going to be your word for the year?

Willpower is worthless without an environment that supports the life you want to live. Your word for the year needs to light you up, raise your energy levels, and bring you back to center. It gives you clarity and a starting point.

I was thinking about my word for 2021 and waiting for an epiphany to rain down from the heavens, but that isn't how it works. Your word is going to connect all the dots in your life. On Tuesday, we spoke about looking at our past, extracting the lessons, and using them to correct our future courses, I realized that consistency is the glue that holds my life together and that there are things in my life that need to be more consistent. This was my "AHA" moment...

...CONSISTENCY

*Cue angels singing

I encourage you to find a word that gives you an "Aha" moment. A word or mantra that represents something in your life and connects you to all the things you want. It should give you an awareness and help turn wishful thinking into a goal.

So how do you find your word?

1. Think about what you want to focus on and look for a theme in your life. Perhaps you spent the year depressed and anxious, and you would like to be happier in the coming year. Your word could be Jubilee or Joy, for example. Remember, your brain will collect evidence to support what you think about, so you can use your word to counter negative thought patterns.
2. Make a list of the things you want to add in and take out of your life. As you start to list all these things, something is going to make you go "Aha! - this is my word because it connects this and this and this..."

Let's say, for example, that wellness is your goal and your chosen word for the year. You're going to have "Wellness" written on your vision board and in your planner. You will start to create habits and routines that support it, and it will become the homing beacon by which you guide your decisions. As you're sitting there with a bag of chips, you're

going to think "Hmmm does this contribute to my wellness?" It all works together in numerous ways to support your goals.

Once you find your word, share it with our community by posting your word and your why in the [Hot Melt Sprint Group](#). If you don't use Facebook, send an email to support@savingdinner.com instead.