

WORD OF THE YEAR  
WORKBOOK



Created by Nicole Gulotta

*Author of Wild Words: Rituals, Routines, and Rhythms  
for Braving the Writer's Path*

COPYRIGHT

*All text, images, logos, and content in this document are © Nicole Gulotta 2023. No part of this document may be reproduced or redistributed in any way, without prior written consent.*

# *REFLECTIONS*

HOW DO YOU WANT TO FEEL IN THE YEAR AHEAD?

WHAT DO YOU WANT MORE OF IN YOUR LIFE?

WHAT ARE YOU READY TO RELEASE?

## WORD BRAINSTORM

Mark any words that resonate with you,  
and use the box below to include your own ideas.

ABUNDANCE

NURTURE

CONNECT

OPEN

CURIOUS

PURPOSE

ENCOURAGE

RELEASE

EXPAND

RESTORE

HOPE

SEEK

JOY

SURRENDER

LISTEN

TRUST

YOUR OWN WORDS

## WORD RESEARCH

Choose the 3 to 5 words you're leaning towards, and look up their definitions to learn more about the word's true meaning.

WORD

DEFINITION

WORD

DEFINITION

WORD

DEFINITION

WORD

DEFINITION

WORD

DEFINITION

MY WORD OF THE YEAR IS...