



What is Your Word?



Picture of friends' word art from 2018.

At the beginning of each new year, most everyone has a New Year's resolution - whether it be to lose weight, get more organized, or save more money. Unfortunately, so many New Year's resolutions are broken by the end of January. What if you made a resolution for 2019 to focus on one word?

Friends of mine have been doing this as a family for a few years. They pick their word for the year and all make pictures to hang on the wall. Each time they see their word picture on the wall, they get a reminder that helps keep their word in the forefront of their minds.

This is a great project you can do with your family, friends, co-workers, or classroom. Here's a general idea of what you need:

1. Your chosen word.
2. A small, square canvas. Many art stores readily sell different sizes, ranging from 4"x4" to 12"x12". (You can always use poster paper instead.)
3. Pencils and eraser (if you want to sketch out your art before painting or coloring).
4. Paint or markers.
5. Any other items you'd like to decorate your picture with (stickers, glitter, etc.).

Picking your word is probably the hardest part of this project. You want to pick something you can focus on and challenge yourself to grow within the new year. Do you want to make more time for your family and friends? Maybe 'importance' is a good word for you. Do you want to be more happy with the things you have? Maybe 'contentment' is a good word for you.

Spend some time really thinking about how you want to change in the new year. Making a conscious effort to better yourself will make you happier and fill your bucket!

Here's to a bucketfilling New Year,

Caryn

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