

Find Your Word

2024

BY SUSANNAH CONWAY

Welcome to Find Your Word!

New Year's resolutions have never worked for me as they always sound like a recipe for future guilt. "Get healthy" sounds like a sensible goal to have, but it doesn't feel very inspiring. Even the more specific "Go swimming twice a week" has failure built in. I either go to a pool twice a week or I don't — there's no room for any other outcome (and that's when we beat ourselves up for "failing"). On the other hand, choosing a word like ENERGISED or even WHOLE affects me in a completely different way. They encourage me to make better choices. They empower rather than order, inspire rather than judge.

You can't "break" a word like you can break a resolution. The word (or words!) you choose is there to inspire you whenever you need it. **Your word is your ally.** It might infuse its wisdom through every single day of 2024. It's also likely you'll forget all about your word until that day in May when — BAM! — you remember exactly why you chose that word :-)

This workbook is designed to be completed over five days to help you figure out what your word (or words!) for 2024 could be. Take your time working through the exercises — they aren't overly complicated, I promise. Obviously you can complete the workbook in one sitting, but gifting yourself five days to do this opens up space for your word to appear organically. My words always seem to find me in the shower or when I'm walking in the park, so Find Your Word will give you a helping hand if you've been drawing a blank. All you need is some paper and a pen — a journal is ideal. I've also included some printable worksheets you could add to the back of your Unravel Your Year workbook if you wish.

If you already have an inkling of your word for 2024 keep it tucked in your pocket to see if it still feels right when you get to Day Five. You might end up with one word but you could also end up with several... Or one for each month or season.... Or maybe you'll realise you need another 12 months with your word from 2023. There are no rules to this word-finding thing so take your time and enjoy the process. You can't do this wrong.

Okay, let's begin!

YOUR IDEAL DAY IN 2024

This is the 16th year in a row I've chosen a word and I don't have any plans to stop — that's how impactful this practice has been for me. Usually I'll pick a word I know will help me with stuff that's coming up — for example, VISIBLE was my constant companion as I tended to my fledgling business in 2009. BRAVE was the perfect choice for the publication of my book (and subsequent book tour) in 2012. The following year I welcomed the energy of OPEN knowing I was ready to try dating again (it helped!), and by the time 2015 swung around it was NOURISH that supported me through much-needed surgery and the long recovery afterwards. In 2016 it became apparent that LOVE was the only possible word for a year that contained a life-changing family emergency.

In 2023 I danced with THREE words: SIMPLIFY, IMPERFECT and EASE. I consciously carried the words with me all year (I don't always!) and imperfect in particular was so powerful. It saw me create a new website all on my own and give myself permission to just make changes without being so precious. Loved it <3

We can't always predict what challenges and gifts a new year will bring but we can take time to assess where we are NOW to gauge where we want to be NEXT.

Pause for a moment right now to take a deep breath and ask yourself these questions:

— **What do I need more of?**

— **What do I need less of?**

Just sit with the answers that come into your mind. Jot down any thoughts that stand out in your journal and let them be for now.

It's time to start gathering some raw material to sift through. I've recorded a visualisation to help you picture your ideal day in 2024. An "ideal day" isn't about jetting off to somewhere tropical — it's simply a day that feels GOOD. You could picture a day you know is coming up and want to feel good about it or just play with how you want your days in 2024 to feel. Let the visualisation take you where you need to go.

Start by finding 11 minutes of quiet time away from distractions. Put your phone on silent and find a comfortable seated position.

Now **listen to the audio** (there's a written transcript at the end of the ebook) and circle back here when you're done...

[CLICK HERE TO ACCESS THE VISUALISATION](#)

Hopefully you were able to picture your ideal day as you listened to the audio – could you sense it? Feel it? While you're still in the zone I invite you to get out your journal and write down everything you can remember from the visualisation. Think about where you were... what you were doing... how you felt... what you were looking forward to.

There are no right or wrong answers, reactions or ponderings here. We're simply looking for clues, okay?

Write it all down and then put it aside for now.

Welcome to Day Two!

Yesterday you got a sense of how you'd like an ideal day in 2024 to feel. Even if you didn't get much from the visualisation itself, it's incredibly useful to sit and ponder the question: what would an ideal day look like for me? Because what we're really pondering is: **how do I want to feel next year?** Obviously not all our days are going to be picture perfect (if only!), but getting some insight into how we want to feel gives us clues to what kind of word will support us going forward.

Perhaps you're already sensing what you need support with in 2024 after the year you've had in 2023. Perhaps you have some big plans you want to explore, some big events coming up, some big changes to navigate. Perhaps you've had such a big year you're wishing for a quieter more reflective year in 2024.

Perhaps you know what it is you're ready to step into (or away from) personally... professionally... emotionally... physically. OR perhaps you simply haven't got a clue. It's all good, loves!

Today we're going to dig into what you have coming up in 2024. Get out your journal and spend some time musing on the following questions:

- What is **definitely happening** in 2024?
- What are you **hoping** will happen in 2024?
- What **dreams** would you like to nurture in the new year?
- What area(s) of your life is/are asking to be **supported** in 2024?
- What **qualities** do you want to develop in yourself?
- What does your **heart** need?

As ever, there are no right or wrong answers to these questions. Write down whatever comes into your head and remember nothing is set in stone, we're simply excavating more raw materials.

Write it all down and then put it aside for now.

Welcome to Day Three!

Are you starting to get a sense of what your word or words could be? Don't worry if nothing's coming to you just yet.

A large part of this process is simply staying open to epiphanies and **keeping your eyes and ears open**. Our words can find us in the most unexpected ways – in a social media caption, on a flyer, the title of a book, a song on the radio. A friend might say something in conversation and suddenly there's your word. We are surrounded by words all the time so don't be surprised if the exact one you need lands on your shoulder in the supermarket :-)

Okay, today we're going to gather some possible words and start unravelling them to see if we can find the right one.

Ready?

PART ONE

With a pen in your hand, look back through your notes from the Ideal Day visualisation and circle any words that feel important. They might be **feeling** words (e.g. calm, happy, content), they might be **action-oriented** words (motivated, energised, focussed) or they might even be completely random words that mean something specific to you. As I hope you know by now, there are no right or wrong answers!

Next, look through your responses to yesterday's questions and circle any words that catch your eye. They don't necessarily have to be words that could be The Word – though they might be! – just quickly read through everything you wrote and see what stands out. Try not to overthink this bit – go with your first reactions. Are there any words that feel full of potential?

Then, taking a new page in your journal jot down all the words you circled, in no particular order, just get them on the page.

My Possible Words

Now cast your eye over the following list of words to see if any jump out at you:

OPEN	BRAVE	LUSH	SMILE
BELIEVE	ART	EXPRESSION	DELIGHT
EASE	INTEGRITY	FREEDOM	SOAR
STRENGTH	FAITH	SAFE	KNOWLEDGE
FLY	RESTORE	REVERENCE	SELF-AWARENESS
MAGIC	BRAVE	COMPASSION	FOCUS
INVIGORATE	ADORE	GRACE	SERVICE
MIRACLES	BECOMING	TRUTH	VIBRANT
GROWTH	CHANGE	WILD	CONFIDENCE
HOME	PEACEFUL	DIVINE	SHINE
WHOLE	IGNITE	TEND	BEGIN
HEART	FLOW	GODDESS	RADIANCE
SOUL	RADIATE	GROW	TRANSFORMATION
PEACE	LUSCIOUS	CLARITY	HIGH
CALM	STRETCH	REAL	GENTLENESS
DIRECTION	INVENT	GLOW	CONNECTION
VISION	PROSPERITY	ABUNDANT	COURAGE
EXPAND	INSPIRE	LAUGHTER	KNOWING
LOVE	WANDER	SACRED	INNER STRENGTH
BIG	WORTH	ADVENTURE	BRILLIANCE
NURTURE	REST	KNOWING	PRESENCE
STRONG	ADORN	HEALING	GOLDEN
ACCEPTANCE	INTEGRATE	CONTENTMENT	PASSION
BEAUTY	WISDOM	LUMINOUS	SENSUALITY
ACTION	ITERATE	KINDNESS	DREAM
TRAVEL	SOFT	NOURISH	LISTEN
EXPLORE	FORGIVE	SHAKTI	RADIANT
ALIGN	YES	JOY	ENERGISED
SURRENDER	GRATITUDE	PATIENCE	HAPPY
CREATE	POWER	MOJO	DYNAMIC

If any words catch your eye add them to your list of circled words. Don't worry too much about them being the "right" words, just see if any appeal to you. Before we take a pause, are there any other words you would like to add to your list? Now's the time to jot them down. If you had a word last year is there an obvious progression into your word for 2024?

Now put your pen down and go make a cup of tea/coffee/walk the dog/take a break and then come back here when you're ready...

PART TWO

Hopefully you now have a list of about 10 to 20 words — maybe more but hopefully no fewer than 10. Somewhere in this list is the key to your word for 2024. It might be the actual word itself or it might be a clue to your word... let's dig in and find out.

Look over your list of words and select up to FIVE that speak to you the most. Any more than five and it's going to feel overwhelming, so stick with a maximum of five for this leg of the journey.

On a new page in your journal explore the following questions for each word in turn:

- What's your own **definition** of this word? What does it mean to you?
- Look it up in a **dictionary** and/or thesaurus and jot down anything that speaks to you
- Can you think of any **supporting words** for this word e.g. LOVE could be supported by caring, passion, connection, commitment
- Is there **another layer** under this word? e.g. NURTURE might really be about creating soul connections or community
- How does this word make you **feel**? Excited? Motivated? A bit nervous? Expanded?
- Any other thoughts or feelings you have about this word?

Write it all down and then put it aside for now.

If you're anything like me there might be a couple of words on your list that you already feel more drawn to than others — that's good! Stay open for now and hang out with your potential words, twirling them around your mind as you go about the rest of your day. You don't have to make a final decision just yet.

Word	Meanings & Associations

Welcome to Day Four!

How are you feeling about your five words from yesterday? Do they still look appealing? Perhaps you uncovered other connected words that are now tugging at your sleeve? Perhaps you've whittled your list down to just one or two potentials. Wherever you are in this process, today we're going to pick a word to guide us through 2024, knowing that nothing is set in stone and we can always change our minds (because we are in charge of our own lives. Can I get a Hell Yeah!)

PART ONE

As you consider the potential words you've gathered, think about whether you need an ACTIVE word or a PASSIVE word for 2024.

For example, if 2023 was a particularly busy year are you now yearning for a gentler ride in 2024? If that's the case choose a word that inspires that feeling inside you from the get go. For example: Peace, Home, Rest, Listen, Restore, Calm, Soften, Ease

On the other hand, are you ready for a year full of forward movement and change? Got mountains to climb and need more wind in your sails? Choose a rallying word that inspires and emboldens. For example: Yes, Power, Fly, Strength, Ignite, Focus, Wild, Invigorate

Similarly, do you need an INWARD word or an OUTWARD word in 2024?

If you're not sure what's coming down the pike in 2024 this could be the time to choose a word that supports you inwardly and feels like a hug — Nourish, Nurture, Tend, Become, Glow.

Or maybe you need a word that'll empower you like a superhero cape as you tackle everything you must do in 2024 — Stretch, Brave, Expand, Integrity, Adventure

More questions to ponder:

— Which word creates a **physical reaction** in your body when you say it? Might be a tingle up your spine. A glow in your heart. Butterflies in your tummy. A long satisfying exhale.

— Which word **thrills** you? Conversely, which word feels like a blessed relief?

– Which word feels like a **delicious gift** you want to wrap around your shoulders and wear for a year?

– Which word do you **want** to be your word for 2024? Not the word you think you should choose, but the one you really want.

– On the other side of that, are you **wishing** the word you're drawn to was cooler or more hip? Don't discount that word just yet! It might be exactly what you need, so trust your instincts.

PART TWO

Ideally you want to pick a word you're a little bit in love with. If you're having trouble narrowing down your word – especially if the words you've gathered are similar in meaning – try this trick:

Take two of your words and pick one to be heads and the other to be tails. Then simply flip a coin, call heads or tails and whichever way the coin lands is your word for the year. Pay attention to your immediate reaction – **do you feel pleased or disappointed?** Your body/gut will tell you the truth here! Disappointment is a sure sign it's not the right word. Work through your words in this way – changing up the pairings as you go – until you land on the word that feels the most resonant. It doesn't need to be perfect (because nothing in this world is) but it should be the one that gives you the most tingles.

Remember that you can always change your mind! Perhaps you'll have an epiphany halfway through January and realise it was MOVEMENT you needed all along. Or maybe you'll hit March and be hungering for FLOURISH. Words can be changed and discarded. You make the rules here and you can do whatever feels most in service to your life and needs.

CHOOSING MORE THAN ONE WORD

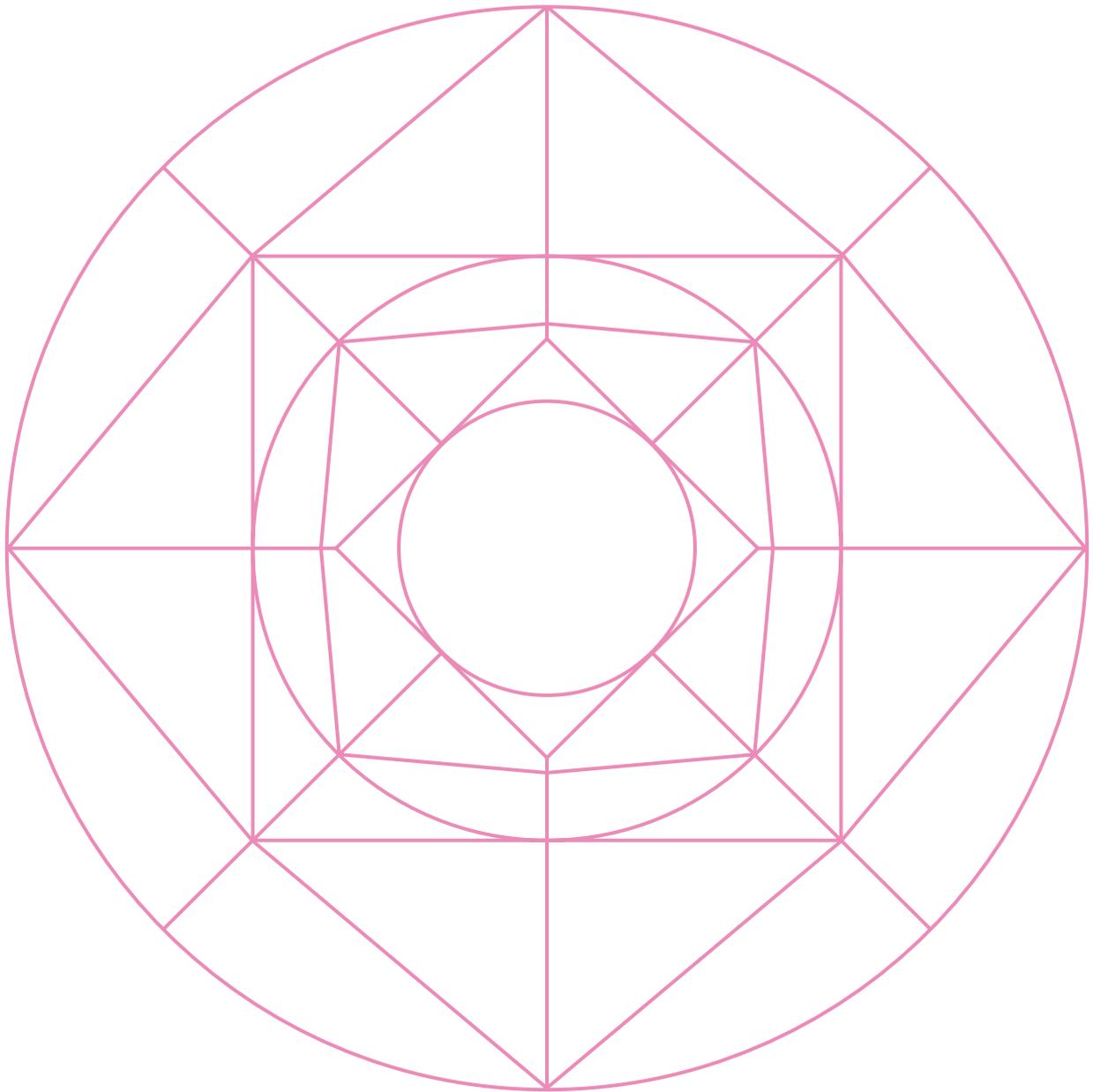
Each year I pick one key word to guide and inspire me for the next 12 months but I often select two or three **supporting words** too. For example, when I chose OPEN as my word for 2013 I was also drawn to *soft* and *radiate* so I kept those two as supporting words, knowing they'd support me as I practiced being OPEN in my life (really powerful!)

So if you're having difficulty deciding between two or three words consider choosing ALL OF THEM! It could be that each word supports a different aspect of your life and so the combination of them all makes perfect sense. You may have an INWARD word and an OUTWARD word. You could have an ACTIVE word for work and a PASSIVE more nurturing word for home (or vice versa!) Your word may actually be a mantra or phrase like SHINE YOUR LIGHT.

THERE ARE NO RULES so do what works for YOU!

PART THREE

Hopefully you've narrowed it down to two or three words by now so I've got one more trick to help you suss out which is the right word to wrap around you in 2024. Have you ever noticed how brilliant ideas appear when you're doing something completely unrelated? We're going to harness a bit of that magic to help us settle on our word.



I invite you to print out the mandala and spend some time colouring it in. If you don't have any coloured pens or pencils you could use a regular pen to do some shading and doodling. If you don't have a printer handy, make a mandala on a page in your journal. Start with a circle in the middle and work your way out from there.

Write your potential word in the centre and just let it sit there while you colour. Give yourself half an hour to do this simple activity, then see if you have any more clarity about your word choice when you've finished.

Stay open to epiphanies!

.....

So tell me... what's your word for 2024?

Which word feels juuuuust right?

If you're still undecided, try this: forget about everything we've done for the last three days — ignore the plans and projections, the dictionary definitions and coin flips — and simply ask yourself this:

Which word (or words!) would truly light me up?

Go with that one.



**My word
for 2024 is**

Welcome to the last day!

I'm pretty good at keeping my word in my thoughts as I go through the year – not obsessively, of course, just enough to remember it when I need to – but I still find it helpful to make my word official in some way.

I've previously shared my word on Instagram as my way of naming and claiming it. I like to dig into my thoughts and intentions around the word in my journal. In 2014 I created a word-of-the-year notebook to record all the MIRACLES as they happened, and I had a Pinterest board for LOVE in 2016 (highly recommend doing this!).

Other ideas to try:

– Create a vision board. Get some poster board and a stack of magazines and cut out all the images that *feel* like your word. You could do some visioning in your journal. You could use a pinboard or stick images to your fridge with magnets. You could even commandeer a corner of a room and fill the walls with inspiring pictures: your word nook!

– Add your word to a favourite photograph and set it as your desktop wallpaper. If you don't have photo editing software head straight to [Canva](#) – it's free and simple to use.

– Likewise, make a screensaver for your phone or tablet

– Go analogue and write your word on Post It notes. Stick them everywhere.

– Write your word on a pebble and add it to your altar. Don't have an altar? It could be as simple as a candle, some shells and a trinket from a loved one. Collect your treasures together on a shelf or table as a reminder of your intentions. Create a sacred spot in your home, just for you.

– Paint a picture and include your word. Write it on your skin with a Sharpie. Doodle it on the front of your day planner.

– Write a poem inspired by your word. Create a mantra. Fashion it into an affirmation you say to yourself as you brush your teeth.

MONTHLY CHECK-INS:

It's definitely worth instigating monthly check-ins with your word throughout the year. Perhaps on the first Sunday of every month you give yourself half an hour to sit with your journal and reflect on the reasons you chose your word. How has it been supporting you? What could you do to bring more of your word into your life? Do you need extra supporting words? A new word? A phrase? A mantra?

What does your heart need?

Here are some journal prompts to reflect on each month – replace the words in CAPS with your word:

- When did FLOW make a difference this month?
- What is COURAGE teaching me about myself?
- How can I bring more OPEN into my home + relationships?
- How can I bring more FOCUS into my work life + dreams?
- If I was to truly embody THRIVE this month, what would I do?
- What would I let go of if I lived with more JOY this month?
- Does DREAM still feel like my word for this year?
- Are there any additional words that would support me next month?

Pro tip: If you use a day planner print out 12 copies of the following worksheet and insert them into your calendar section ready to reflect and review at the end of each month.

Monthly Check-in

When did _____ make a difference this month?

What is _____ teaching me about myself?

How can I bring more _____ into my home + relationships?

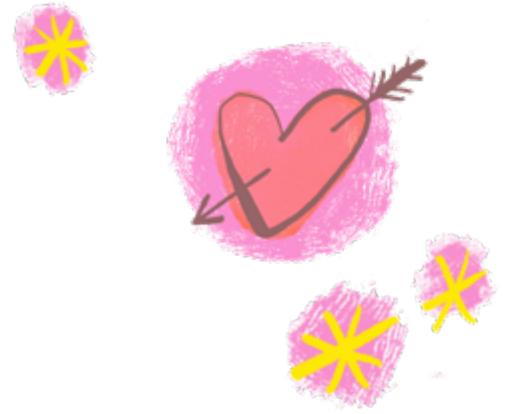
How can I bring more _____ into my work life + dreams?

If I was to truly embody _____ next month, what would I do?

What would I let go of if I lived with more _____ this month?

Does _____ still feel like my word for this year?

Are there any additional words that would support me next month?



In my experience our words work their mojo whether we check in with them or not, but keeping them in mind certainly boosts their power. The year I chose BRAVE it became my mantra. It emboldened me to step out of my comfort zone and gave me the courage to make changes in my life. It also taught me that choosing an active word for the year will definitely make things happen!

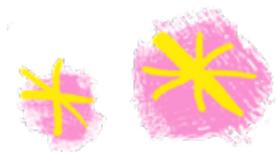
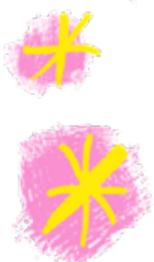
I've loved having three words this year and I'm even taking one of them with me into 2024 - SIMPLIFY. It was such a quietly dynamic word I'm not ready to let it go! My second word is BEGIN and third is GRACE.

Loves, I truly hope you have enjoyed this workbook and have found the word or words that feel just right for YOU. Remember, it's not the word that makes a magical year, it's our intentions and open hearts.

WE are the magic makers!

Sending you all my love

Susannah
xo.



The Ideal Day Visualisation

Start by getting yourself into a comfortable seated position. Put your feet flat on the floor and just let your hands rest gently in your lap. Now close your eyes and take a deep conscious breath in through your nose.... And let it out through your mouth....

And take another breath in...Really fill your lungs and let your tummy expand.... And let it out through your mouth.

And take one more in through your nose... and let it out again through your mouth.

As you let your breathing return to its normal rhythm I invite you to bring your awareness from your head down into your feet. Feel into your toes.... Feel the tops of your feet... the soles underneath... Feeling the heels.

Now bring your awareness up into your left leg... through your ankle... into your calf... your shin... Feeling into your knee. Up into your left thigh. Feel the whole length of your leg. Feel it's presence. Feeling its weight...

Now swap over into your right leg... feeling your ankle... your calf... your shin... feeling the bones in your knee... into your thigh.. feeling the weight, the flesh of your leg... feeling the life force pumping through it.

Now bring your awareness up into your pelvis. Feel how the bones cradle all the organs inside the base of your body. Feeling the warmth there, the blood... Rest inside your pelvis, feel the strength of your bones.

Now bring your awareness up into your belly. Take a breath and feel how your belly expands. You might like to rest your hands there. What does it feel like inside your belly? There might be some rumbles if you're hungry. Maybe a few aches. Just rest inside your belly for a moment.

Now bring your awareness up into your chest. Feel how your lungs expand as you take a breath. Can you feel the beat of your heart? If there's any tightness there just notice it and keep gently breathing in and out, feeling your lungs expand and contract...

Now bring your awareness to your back... feeling the small into the small of your back... the skin... and going deeper into your spine... imaging each of the bones... and the flesh... moving up into shoulders...

And with your next exhale you might want to let your shoulders drop a bit... feeling the bones... and the muscles... feeling them soften as you put your attention on them...

Now drop your awareness down into your left arm... through the shoulder into your bicep... your tricep... into your elbow... down through your forearm into your wrist... your hand. Feeling the sensation of your entire left arm.

And now swap over to your right arm. Moving through your shoulder... down through your bicep and your tricep... into the bones of your elbow... down through your forearm... into your wrist, your hand. Is there any tension there? Just notice it.

Now bring your awareness up into your neck. Notice how it supports your head, feeling the air passing through it into your lungs as you breathe... and with your next breath bring your attention fully into your head... feeling the front of your head... your forehead... eyebrows... eyes... nose... your lips... cheeks... your chin... And then going deeper within, noticing your tongue and your teeth... the roof of your mouth... And then just rest in the space inside where your thoughts float around...

Now taking another deep breath... from this fully grounded space, fully present in your body, I invite you to open your mind and picture your ideal day in the coming year... Think about how you feel when you wake up in the morning on this day... when you open your eyes... get out of bed... maybe take a shower or bath...

Picture yourself eating breakfast and preparing yourself for everything you're going to do today. What are you looking forward to? Where are you going to be spending your day today... What are you doing?

And now you're in the morning, you're in the place you want to be. Doing things things that feel good and make sense, that bring you a sense of satisfaction perhaps... A bit of responsibility.

You're moving through your day effortlessly.

Where are you going to eat lunch today?

What are you planning to do in the afternoon?

Trusting that there's space for some self care, what are you going to do to look after yourself today? To look after your mind and your body? What's bringing you the most joy?

And how will you unwind in the evening? Who's going to cook dinner? Maybe it's you or a loved one...

How do you feel lying in bed, reflecting back on your day? Stay open to any words or expressions that float up as you feel back into your ideal day you've just experienced... Just hold on to that feeling...

Now taking another deep breath in... letting it out through your mouth... let yourself become aware of the room again. Hearing the sounds around you... the smells... wiggle your toes... stretch your back out.

And when you are ready, gently open your eyes.



Susannah Conway (she/her) is a writer and teacher who's been sharing her heart online since 2006. Dedicated to helping people access their creative joy and nurture a deeper kinder relationship with themselves, Susannah's online courses have been enjoyed by thousands of people from over 50 countries around the world. Her first book, *This I Know: Notes on Unraveling the Heart*, hit bookshelves in 2012. She lives in London, England, with her beloved cat and a family of foxes in the garden.

Visit her at susannahconway.com, read her blog on [Substack](#) and say hi on [Instagram](#).