

# Find and Embrace God's Ideal Word for You Class!

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## Step 1 - Find a Bunch of Words

### Simple Steps

1. Say a prayer and let God know you want Him to help you pick out your ideal word for next year. Let Him know you are going to take a few steps to work through the process and will take time to ponder and would really like His help as you narrow down your choices.
2. Print List of Words – (just print the first page... not sure why it has the extra pages??)
3. <https://drive.google.com/file/d/1HnSFEwzQnacxHCNIGWN1FAhgZGmi--BP/view?usp=sharing>
4. [https://drive.google.com/file/d/1vP0Wom6R92gBGWlBwl2i\\_8aAV5OmWkjk/view?usp=sharing](https://drive.google.com/file/d/1vP0Wom6R92gBGWlBwl2i_8aAV5OmWkjk/view?usp=sharing)
5. Read the words and circle the words that jump out for you.

Right now, it is just about circling words, as many as you want. No commitment here. Just fun!

### Bonus Step:

1. Feel free to add any other words that come to your mind to your sheet and circle it!

## Step 2 – Narrowing Down the Words

Now that you circled a bunch of words that jumped out at you, after praying and asking for God's guidance, we are going to narrow those down to 3-5 words.

### Simple Steps

1. Get up and move around.
2. Take a deep breath.
3. Say a brief prayer and let God know you are on your second step of finding the word He wants for you. Ask for His guidance in narrowing them down.
4. Write down all the words you circled on a fresh piece of paper. Writing is so powerful, because it gets our body involved in the process. Our bodies are tools that God gave us; He loves it when we use them purposefully.
5. Take some deep breaths. Ponder... How did it feel to write those words? Did any of them feel really powerful as you wrote them? Were some of them harder to write?
6. Take another deep breath.
7. Circle 3 – 5 of the words that jumped out at you as you wrote.

### Bonus Step

The key to narrowing down your words is to allow yourself the freedom to choose along with allowing yourself to be open to the Spirit leading you to a word you maybe wouldn't have circled on your own. Don't worry, that doesn't mean it is your word. By circling it, you are just allowing it to be an option. That is safe.

### Step 3 –Pick Your Word

You went from a bunch of words, down to 3-5, but you might be wondering how do I pick the best one and then really embrace it?

#### Simple Steps

1. Get up and move around.
2. Take a Deep Breath
3. Say a brief prayer and let God know you are ready to find the word HE wants for you to have for next year. Let Him know you have narrowed it down to a few and could use His help to gain clarity.
4. Draw a Circle in the middle of a new blank page.
5. Write the words you circled around the empty circle. Like it is a wheel, and the words are the spokes.
6. Take a Deep Breath.
7. Pray and ask God, which is the Ideal word for You this year?
8. Write the word in the circle. (If you really like the other words too, that is OK. You will learn how you can incorporate them too.)

### Step 4 – Embrace Your Word

#### Simple Steps

1. Get up and move around.
2. Take a Deep Breath
3. Say a brief prayer and Thank God for helping you pick out your ideal word for next year. Ask Him to help you learn how to embrace this word.
4. If you are really struggling with this word – do the scribbling exercise I explain in my podcast - <http://sheridanripley.com/21-7-steps-to-scribble-out-emotions-and-stress/> I also demonstrated it on a video and is uploaded to the [Facebook MPoWeR page](#). Do that exercise. It will really help.
5. Once you feel good or at least neutral about your word, write it nice and big on a new paper and your bonus words around it and if you want color it to make it pretty! 😊
6. Write down some thoughts about your word and how you can incorporate it into your life. How can this word help you next year?

#### Bonus Steps

1. Look up the definition of your word.
2. Find a book or blog post about your word.
3. Dive a little deeper.
4. Find a Scripture or Talk that references your word.

## Step 5 – Create a Daily Affirmation

After this step not only will you have found the Word God Wanted for You and embraced it, you will also have learned how to keep your word in your daily life.

Have you ever heard "the fortune is in the follow up"? Having God give you a word and then forgetting about it would be silly.

### Simple Steps

1. Get up and move around.
2. Take a Deep Breath
3. Say a brief prayer and Thank God for helping your find your word. Ask God to help you come up with a phrase or affirmation that you can use every day to help you apply the word as you go throughout the year. Since God helped you pick out this word, you want to honor it by using it!
4. Create a sentence/affirmation that will help this word come alive and really see how to use it in your life. This is where some of those other words may come in handy. Look at your page to see what bonus words jump out at you and how can you incorporate them into your affirmation.
5. Make sure your affirmation is phrased in a positive way.
6. Find a picture that represents this affirmation for you.
7. Print it out and write your affirmation underneath it.
8. Post it somewhere you will see it every day.
9. End with a prayer of gratitude for your word and for the coming year!

### Bonus Step

Write your word on your wrist with a sharpie. (Or ask a friend to). It is a fun way to start the year, with your word on your wrist. It will fade after a few days, but you will remember writing it upon yourself, like God can write it in your heart.