

# New Year and another New Word!

I pick a word each new year to focus on in the year ahead. I like this better than making a bunch of resolutions. A word gives me a thought to concentrate upon and often becomes my mantra. I ponder long and hard to choose the word that fits how I am feeling, what issues I may be dealing with, and hopefully a word that will speak to me throughout the year. Not just in the moment that I select the word but all year long. That's a huge task. And one I don't take lightly.

In the past years since I've started this new year habit, my words have been ***GENTLE, JOY, KINDNESS, and STRONG***. All have a back story, and all have fit the bill perfectly. I've never regretted my chosen word and felt it was the perfect word for that year. Success!

But now in early December, I find I'm already pondering my word. My head is a jumble of words that all speak to me. But I need a word that will speak to me ALL YEAR! Is it patience, generosity, authenticity, simplify, connecting? Maybe I need several words or even a sentence?! Where do I feel my focus needs to be in 2025? What goal for self-growth do I have in mind? Where is a weak chink in my mental makeup? What is a character flaw that I should work on? What "Fruit of the Spirit" is lacking in my life? See what I'm dealing with? There are a million words that might be my word!

I have three more weeks to sort this out but I'm still worried that I won't have the right word by January 1st. In past years, the words came to me clearly and I didn't vacillate once I zeroed in on the word. I felt drawn to that word and the connection was instantaneous. That's not happening now. I like the word but only briefly until I think of another word. Nothing is sticking! Each word could work but it doesn't feel

like the perfect word. Am I being overly picky in my selection process?

As I type these thoughts up, I'm questioning where I'm going with this writing today. As I'm wondering if a word will come to me in the process of writing about my word, I see a handwritten note on a 3"X5" card taped above my desk. It reads: ***Take your eyes off yourself and focus on God.***

So, I change my focus to God. I take my eyes off Susan. And then the word came to me in a flash. ***GRATITUDE.***

My word for 2025 is going to be ***GRATITUDE.*** What a perfect way to change from self-focus to Godly focus. What a way to live every day in 2025. Grateful to the GIVER of all gifts and grateful for all the gifts He has blessed me with. Living with an attitude of ***GRATITUDE*** will be an amazing way to live throughout 2025. My word will be on my lips and in my heart all year long.

***GRATITUDE*** will be such a meaningful guiding word in 2025 that I think I'll start focusing on it early. Like this very instance! Why wait until January 1st?

So, I will finish the year out STRONG as that is my current word for 2024. Strong in body, mind, and spirit.  
And full of ***GRATITUDE!***

2024  
BE  
STRONG  
BODY MIND  
& SPIRIT

2025  
WORD  
GRATITUDE  
→ FOR GOD