

WORDplay

created by Yulit Price // yulitprice.com

image // © Tracy Martin

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allow the following instructions to

GUIDE YOU

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- Give your self 'me-time' ~ take 20-30 min of reflective time-for-self
- Print the PDF
- Step into your creative and introspective self
- Step away from shoulds
- Scribble away. Let your words flow. Go with your truth
- Allow your mind to wonder ~ then gently bring it back to write the answer
- There is no write or wrong answer
- Play with sticky notes, colored pencil crayons, or with notes in the margins

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*stepping into a new year
can feel somewhat*

OVERWHELMING

.....

Between thinking of plans, revamping resolutions and resetting goals, it is easy to fall short of your expectations, get frustrated or lose self-trust before a month or two go by.

To step back from New Year talk, and the pressure of big goals, I encourage you to adopt a more gentle ritual that will help anchor your intentions for the year. The ritual involves playing with words (we all need more playfulness in our lives).

I call it WordPlay because I will ask you to play with a word that will serve as an anchor for the upcoming year. By focusing on one word, you allow your word to play itself throughout your year.

To begin the exercise, start with these tips in mind:

-
- Allow yourself to be playful
-
- Write what comes to mind first
-
- Don't second guess or doubt yourself
-
- Let your intuitive wisdom take over
-

1 | Playing with INTENTION

// Write the words you are 'playing' with for your upcoming year ~ think of your life areas: career, mothering, relationships, health, fun, aspirations & dreams (feel free to pick from the word list on page 8, or come up with your own).

// What one word am I going to lead with this year?

// Why is this your anchor word for the year?

// If you allowed the word to play itself throughout your year, what would be different for you?

.....
*you are sitting in a cafe
with your journal*

A YEAR FROM NOW

.....

// After living your word for a whole year ~ what have you accomplished? Started? Created?
Noticed? Invited into your life?

2 | Playing with AWARENESS

// In what ways do you already embrace, embody or engage this word in daily life?

// In what ways do you not embrace, embody or engage this word?

// Identify triggers, old beliefs, or internalized messages that may keep you from playing out this word fully.

// How will this word expand you?

3 | Playing BIG & SMALL

// In what ways can you play BIG with this word?
(think life goals, new directions, the next big transition that's knocking on your door)

// In what ways can this word play 'small' in your daily life?
(think smaller steps, subtle changes, even tiny shifts in being, relating, or thinking)

4 Playing with SUPPORT

// What other two words are associated with your chosen word? (Look back at question 1 from section 1). List two other words that will help carry you through and support your intentions (to generate your word trio get inspiration from page 9 or come up with your own):

1. _____
2. _____
3. _____

// List 4 people in your life you can share your anchor word with, who will remind you of your 'anchor' during the course of the year (think of family, colleagues, friends, mentors).

1. _____
2. _____
3. _____
4. _____

// List 3 words you are ready to let go of this year (think words associated with 'roles' you no longer want to play, patterns you are changing, or words that cause you 'stuckness').

1. _____
2. _____
3. _____

// List 3 ways you can anchor your word in your day-to-day (think integrating it to your meditations, yoga practice, walks, journal writing, workspace, inspiration wall, book club or other groups you are part of).

1. _____
2. _____
3. _____

.....
anchor words for

INSPIRATION

.....

COMPASSION

BOUNDARIES

DELIGHT

POWER

GENEROSITY

CONVERSATION

EFFORTLESSNESS

WEALTH

CHANGE

GROWTH

COMMITMENT

ARTFULNESS

CONNECTION

DISCIPLINE

PASSION

DIVERSITY

EXCELLENCE

FREEDOM

CREATIVITY

FUN

HAPPINESS

PEACE

NO

INTEGRITY

LISTEN

HEALTH

OPENNESS

AWE

RISK

GENTLENESS

CHOICE

SPIRIT

COMMUNITY

POWER

ALLOW

MINDFULNESS

ATTENTION

BEAUTY

JOY

HUMOR

ADVENTURE

KINDNESS

KNOWLEDGE

LEADERSHIP

LOVE

NURTURING

ONENESS

SELF-EXPRESSION

OPEN-MINDEDNESS

PERSISTENCE

RECOGNITION

MASTERY

PRESENCE

ACCEPTANCE

VULNERABILITY

CONFIDENCE

SELF-LOVE

ACTION

FORGIVENESS

COURAGE

FORGIVE

RELEASE

TRUST

KNOWING

PATIENCE

FRIENDSHIP

GRACE

YES

LAUGHTER

EXPANSION

PASSION

EXPLORATION

SERVICE

EMBRACE

SINCERITY

SIGNIFICANCE

CLARITY

SECURITY

SPIRITUALITY

OPENNESS

STABILITY

TRUTH

SELF-AWARENESS

WISDOM

FOCUS

RITUAL

HEAL

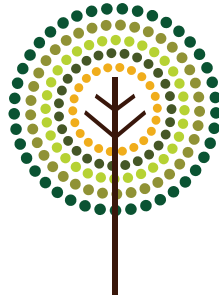
PLAYFULNESS

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word trios for

INSPIRATION

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- GRATITUDE ~ CREATIVITY ~ WILLINGNESS
- KNOWING ~ ALIVE ~ PLAYFUL
- STORY ~ RESTORATION ~ COMPASSION
- ABUNDANCE ~ LOVE ~ GENEROSITY
- CREATE ~ MOTIVATE ~ DO
- SIMPLIFY ~ INSPIRE ~ CONNECT
- FOCUS ~ LIBERATE ~ LAUGH
- COLLABORATE ~ GROW ~ EXCEL
- UNDERSTAND ~ LISTEN ~ EMPOWER
- COMPLETION ~ SPACIOUSNESS ~ HARMONY
- LEARN ~ GROW ~ LIVE
- INSPIRE ~ ASK ~ RECEIVE
- SLOW ~ CLARIFY ~ COMMUNICATE
- PURPOSE ~ INTENTION ~ CLARITY
- PASSION ~ FOCUS ~ DELEGATE
- AUTHENTICITY ~ ACTION ~ LOVE
- IMPLEMENT ~ COMMIT ~ FOCUS
- CREATIVITY ~ STORY ~ WORD
- CONVERSATION ~ COURAGE ~ TRUST
- EMBARK ~ EMBODY ~ ENGAGE
- INNOVATION ~ CONTRIBUTION ~ GRATITUDE
- INITIATE ~ FINISH ~ DEEPEN
- PLAN ~ EXPERIMENT ~ STEP
- CONSTRUCT ~ TEACH ~ CELEBRATE
- MOMENTUM ~ FLOW ~ RESONATE
- CENTER ~ INTUITION ~ CONGRUENCE
- BIRTH ~ WRITE ~ EXPAND
- OPTIMISM ~ MOVEMENT ~ FORWARD
- PERSERVERANCE ~ WELL-BEING ~ COMMIT
- EXPRESS ~ REFLECT ~ RENEW
- BELIEVE ~ SEEK ~ ACHIEVE
- SHARE ~ ENJOY ~ BE
- STRETCH ~ PROCESS ~ POSSIBILITY
- BALANCE ~ BELIEVE ~ STRENGTH
- LESS ~ DARE ~ PUBLISH
- IMMERSION ~ PASSION ~ FORGIVE
- NURTURE ~ RAISE ~ SERVE
- PREPARE ~ PRAY ~ PLOW
- ADAPT ~ CHANGE ~ SUSTAIN
- SHOW UP ~ UNMASK ~ ENCOURAGE
- DISCIPLINE ~ GIVE ~ MENTOR
- RELATIONSHIPS ~ CO-CREATE ~ APPRECIATE
- RITUAL ~ WISDOM ~ MAGIC
- COOPERATE ~ CONCENTRATE ~ COMPLETE
- CALLING ~ FOLLOW THROUGH ~ ALIGN
- QUESTION ~ MEDITATE ~ RESPOND
- EMPATHIZE ~ UNLEARN ~ SURPASS
- PRESENCE ~ GROUND ~ INVEST
- STRENGTHENING ~ SELF CARE ~ SUSTAINING
- RECLAIM ~ REFINE ~ CHALLENGE
- CALM ~ ENHANCE ~ VISION
- STILLNESS ~ BEAUTY ~ FULFILL



YULIT PRICE

Yulit Price is a psychotherapist in private practice. She is also a mother of two and a wife. Her mission is to support women in reconnecting to the self-that-sometimes-gets-lost-while-trying-to-be-everything-for-everybody-else. Through her collaborative one-on-one sessions, workshops, and circles, she helps women expand their version of self, tap into authentic voice, and enhance their relationships. Her areas of expertise include: Women's Development, Motherhood, Maternal Transitions, Career Transitions, Relationships, Parenting, Interpersonal Communications, Stress and Emotional Management. She invites you to connect with her at YulitPrice.com.

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Conversation. Clarity. Connection