

PIN - One Word

Many times, we develop a laundry lists of goals we want to accomplish, we stick to achieving one or some of those goals for maybe a few days, a few weeks, or maybe we achieve one or all of them. One word is a method I have used for several years to help me grow in my mind, body, and spirit. The one word provides a guide for what you want to accomplish mentally, spiritually, and physically in your personal, professional, and spiritual life over a 6- or 12-month period.

What is One Word? It is boiling down your desire, wishes, dreams into single word. You then use that single word to guide your decisions on how you spend your time and energy. For example, if you have the choice between doing A or B, of equal weight and interest, and B moves you closer to growing based on your word, then you are more likely to choose to do B.

What do I do? Use the PIN method.

1. Prepare your self

- a. Choose a time of year to determine your word.
- b. Sit comfortably and focus on your breath. Bring your awareness inward. Take time to reflect on where you are currently mentally, spiritually, and physically.
- c. Consider where you want to be in 6- or 12-months mentally, spiritually, and physically. [Spend a few minutes letting people consider.]
- d. Now perform an internal assessment of what is going on in your personal, professional, and spiritual life. [Spend a few minutes letting people consider.]
- e. Consider where you want to be in 6- or 12-months personally, professionally, and spiritually. [Spend a few minutes letting people consider.]
- f. Take time to visualize yourself as that “future” person.
 - i. What does it feel like to be that “future” person? [Spend a few minutes letting people consider.]
 - ii. What is in your way for becoming that “future” person? [Spend a few minutes letting people consider.]
 - iii. What needs to change for you to become that “future” person? [Spend a few minutes letting people consider.]

2. Identify your Word

- a. With this “future” person in mind, take a deep breath and let it out.
- b. Ask the universe, what is my word to help me become this “future” person? [Spend a few minutes letting people consider.]
- c. Write down your Word
- d. As you go about the next few days or week, ask the universe to confirm that this is the best Word for you to work on to become your “future” self.

3. Next steps

- a. Identify a few ways for how you can I stay committed to your Word?
 - i.
 - ii.
 - iii.
 - iv.
- b. Based on the time-frame you identified, mark your calendar to:
 - i. check-in with yourself on how you are progressing with your Word, and
 - ii. determine a new Word.