



WORD OF THE WEEK SUGGESTION LIST! ADD YOUR OWN WORDS TO IT!

Power	Earthy	Shine	Expansive
Queen	Grounded	Authentic	Glow
Classy	Real	Grown	Curious
Classic	Youth	Daring	Mindful
Energized	Calm	Fearless	Committed
Fabulous	Goddess	Connected	Freedom
Grace	Super Human	Giving	Joy
Adaptable	Humble	Wise	Helper
Partner	Healthy	Patience	Simplicity
Strength	Hero	Detailed	Dive
			Gratitude



My
WORD OF THE WEEK IS...



Observations

The word _____ makes me feel _____.

I used this word for _____ (days/weeks/months). It changed the way I _____ and the way I reacted to _____.

I noticed people treated me more _____ during my time using this word. I will (circle one) keep this/find a new word of the week because _____ and return to this word when I'm feeling _____.