



Choosing My Word

for
2026

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Choosing Your Word

This workbook will help you define your one word or words for 2026. There's no rule that says it has to be one word, but I would recommend keeping the list small so that you can focus your intentions on it throughout the year.

“Where focus goes, energy flows. And where energy flows,
whatever you're focusing on grows. In other words, your life is
controlled by what you focus on.”

~ Tony Robbins

You may need a little or a lot of guidance to find your Word for 2026. Either way, this workbook gives you exercises to help you do just that and then manifest with it in 2026.

Start with a Brain Dump (you can use the next page) to get your ideas down on paper and choose the ones that light you up. Then choose from a variety of exercises to help you (1) explore actions and feelings attached to these intentions or goals, (2) dive into specific goals to get clearer on what they offer you, and (3) bring all of the guidance from the exercises together to decide on your Word(s) for 2026. BTW - These exercises aren't necessarily meant to be done in order, you can work through whatever exercises that help you and repeat them as often as you'd like. Finally, I created some exercises to help you connect more deeply with your word and work with it throughout 2026.

love your life

→ believe →

family

← hope →

love

*be
yourself*



Brain Dump

Begin by listing here possible intentions, goals, and desires you could focus on in 2026. Once you've written everything down highlight or mark with an asterisk those which light you up and bring you joy and excitement. You'll focus on these as you continue. HINT: Use descriptive verbs/words to help you find your word.



Goals

This page allows you to explore a goal more in-depth to see what it brings to your life. Achieving your goals is dependent on whether you take action. understanding the "why" of your goals allows you to see what it brings to your life and ... if it lights you up.

GOAL:

What will this give you?

And what will this give you?

And what will this give you?

And what will this give you?

So, why is this goal important?



Feelings & Actions

Fill in the checklist spaces below with feelings and actions you'd like to experience in 2026. Then go back and mark those that bring you joy with a ★.

Emotions: How do I want to feel in 2026?

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

Actions: What actions would I like to take in 2026?

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |



Putting It Together

Now that you've made a list of possible themes and intentions for 2026, explored your goals and what they offer you, and created lists of words that describe what you desire in 2026. with this page, you can explore in-depth what word is most important to you for 2026.

Are there words that appear in several of your goals or across your Brain Dump? List them here.

Do they align with how you want to feel or what you want to do in 2026?

Is there a common theme (ie. feeling, action, project, reason, etc.) or feeling in your exercises?

Now you can choose your word/words for 2024.

My word is



Working with Your Word

Here are some ways that you can actively remain focused on your word and work with it through 2026.

1. Write down the definition of the word here.

- Does the definition of your word fit with what you intend for yourself in 2026?
- Highlight your key words in the definition to provide you with more focus on its purpose for you in 2026.

2. Look up the origins of the word. For example, does it come from Latin or Old English? What did it mean originally? Sometimes the origins of words give us the essence of their power and meaning. Write its origins and original meanings here.

3. Create a scrapbook page or Vision Board for your word of the year. You can pull it out or hang it up so you can remind yourself of it all year long. Post-it notes are also a good way of doing this.

4. Meditate with your word and write down any feelings, images, messages, etc. you receive.

5. Journal with your word regularly to keep in tune with it, see how it continues to be a focus for you, and what you are doing to manifest it in your life.

6. Write a letter to yourself about why this word is important to you this year, what you'd like to achieve by focusing on it and how it makes you feel. Then seal the letter in an envelope and keep it to read on January 1st, 2027.

7. Do monthly check-ins with your word to keep yourself on track, to refocus if you've forgotten or even to let go of this word and bring in another. You are the captain of your life and you make the decisions about what is right for you in your life in each moment.

I hope that working with this word for 2026 brings you much joy and growth!

Remember that January 1st is one time of year when we set out to both look back in our lives, review how we have grown, and then look forward to how we'd like to shift and open up more to ourselves in the future. You can choose to do this exercise whenever you feel that you are at a moment of change or in need of some new intentions in your life. It can be tomorrow, next month, or January 1, 2027. Time doesn't matter, your acknowledging when you feel a shift in yourself does.

*Love,
Christine*

"Create a life by design, not a life by default." - Lora deVries

About Me



Christine's passion is to help others reconnect with their souls, awaken to who they truly are, and live the lives their souls intended for them in this lifetime. Her offerings guide you to awaken to your true self in this moment and connect more deeply with your divine Higher Self and Soul. Through this connection, you can access your inner wisdom and begin expressing your life's purpose and gifts in the world. Christine serves as your facilitator, guide, and channel – helping you find your dharma, your unique spiritual essence.

Christine holds a Ph.D. in Medieval and Romantic German Mysticism from the University of Pennsylvania and has extensive training in Western Astrology, Holographic Sound Healing, Usui Reiki, Metatron Colour Healing, Mindfulness (MBSR and other approaches), and Kabbalah. A former professor at Southern Connecticut State University, she also supports educators through her Uplift Teachers work, bringing mindfulness and soul-centered awareness to classrooms and beyond.

For more information or to sign up for the finding dharma listserv go to **my website**:

www.finding-dharma.com

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