

BALANCE

pure

Pray

the

journey

One Word

TRUST *Journal*

PURPOSE

Your Weekly Journey

for Life-Change

Love

thankful

give

risk

GO

OPPORTUNITY

JON GORDON | DAN BRITTON | JIMMY PAGE

the
OneWord
Journal

the
OneWord
Journal

Your Weekly Journey
for Life-Change

JON GORDON | DAN BRITTON | JIMMY PAGE

WILEY

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my **One Word**

year

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"Tomorrow is the
first blank page
of a 365 page book.
Write a good one."

Brad Paisley

Your *One Word* Journey

Are you ready for one of the most inspirational and transformational experiences of your life? The simple yet powerful practice of focusing on *One Word* for the year brings positive and lasting life-changes. The *One Word Journey* has impacted millions of people, families, companies, and teams. And this little journal may just be the secret to your success.

We often say, “Focus drives progress.” That’s why we’ve created this simple journal—to help you stay focused on your *One Word* every day this year. We hope you’ll use it to check in with yourself each week and track the insights you’ve gained, the lessons you’ve learned, and the progress you’ve made along the way. This journal is designed to help you remember key moments and milestones, and to get some wins. Expect positive changes to come this year.

Your *One Word* will help you embody the principles you learn and experience true and lasting life-change. And best of all, you will keep track of life-change that happens in every dimension of life: mental, emotional, relational, physical, financial, and spiritual.

Big changes don't happen all at once; they happen over time. Use this journal to keep your *One Word* front and center.

Here's How It Works

Before you begin.

Choose your *One Word* for the year. Need tips on how to choose a word? See Appendix A.

Getting started.

Before diving into your weekly journal, challenge yourself to identify why you chose your *One Word*, the life-changes you hope to see, and who can help you succeed.

Your journey of life-change.

Each week is divided into three main sections: Weekly Focus, Weekly Experience, and Weekly Win. At the beginning of each week, write your *One Word* at the top of the page to keep it front and center. This ensures you don't forget it. Also, write the week you are journeying through. This could be the dates of the week or simply Week 1, Week 2, Week 3, and so on.

Weekly Focus: This section will help you get ready and prepare for the upcoming week. Begin by reading the *One Word* tip for the week that will help you focus on transformation. This insight will help you gain wisdom to implement your *One Word* and take steps toward growth. See Appendix B for a complete list of all 52 weekly tips. As you reflect on this insight, look at all six dimensions of your life and evaluate the areas in which you need your *One Word* the most and why. Then describe how you will put your *One Word* into action this week in specific ways and write down ways you will impact others with your *One Word*.

Weekly Experience: Throughout the week, jot down how your *One Word* is impacting your life. This is where you will capture what you are experiencing, thinking, feeling, and learning. How is your *One Word* shaping and molding you throughout the week? This can be progress made, areas of growth, and who you are becoming. Then capture the many blessings and challenges, successes and struggles, ups and

downs of living your word. There are mountaintops and valleys on our *One Word Journey*. Remember, both are a gift from God.

Weekly Win: Before you wrap up your week, pause to identify one win. Write it down, and then also transfer it to the WEEKLY WINS in Appendix C. Small steps lead to big changes. When you track all your small wins on this page, you can look at the year in review and find reasons to celebrate.

Annual review.

At the end of this year, evaluate your *One Word Journey*. Compare this with how you answered the questions when getting started. Celebrate the wins and identify ways to grow during next year's *One Word Journey*. It is invaluable to take time to stop and reflect on your *One Word Journey*.

Let the journey begin.

The *One Word Journey* is not about doing, it's about becoming. Rather than focusing on a

particular outcome or result, use this journal to put one foot in front of the other. You'll be on your way to becoming a better person and making a bigger difference in the world.

We believe God has planted seeds of greatness in you. And we are sure this process will cultivate the soil where those seeds can grow and produce a bountiful harvest in your life. Get ready to become the best version of yourself and have the best year of your life. Your *One Word Journey* starts now!

“The journey of
a thousand miles
begins with a
single step.”

Lao Tzu

Getting Started

MY ONE WORD

Reasons I chose this word:

Life-change I hope to experience this year because of my word:

Why it is important to others that I live out this word:

Ways I will keep my *One Word* front and center:

Key quotes or scripture verses that emphasize my *One Word*:

My “stretch team”—the people who know me best and are willing to help encourage me as I make progress:

_____ Check here when I’ve shared my *One Word* with them.

Brief description of how they all responded to what I shared.

“You don’t have to
see the whole
staircase, just take
the first step.”

Dr. Martin Luther King Jr.

Six Dimensions

Your *One Word Journey* will touch on all six dimensions of your life: physical, mental, emotional, relational, financial, and spiritual. Every dimension is integrated with the others.

Physical

Improvements in your physical health tend to make every other area of life better. Physical health involves your body—things like diet, exercise, and even sleep; it can directly affect your mindset, energy, and enjoyment of life.

Mental

Mental health encompasses the way you think, which leads to how you feel and act. The direction of your life can usually be traced back to the quality of your thoughts. Focusing on your mindset improves the way you experience most of life.

Emotional

Emotional life revolves around how you feel about things, and emotions will influence what you believe and what you do. Identifying and processing feelings like joy, fear, sadness, and anger are part of the emotional journey.

Relational

The quality of your relationships and the level of connection you have with others affects your quality of life. Relationships to consider include family, friends, teammates, coworkers, neighbors, church members, and others with whom you connect with on a consistent basis.

Financial

Money and finances have a way of both blessing our lives and causing us stress. Making progress in your financial life gives you opportunities to live your best life and be a blessing to others.

Spiritual

Belief, faith, and connection to God can change you from the inside out. As author and pastor A. W. Tozer put it, “What comes into our minds when we think about God is the most important thing about us.” This dimension gives you a sense of mission and meaning and leads to a satisfying, purposeful, and fulfilling life.

Each week, reflect on how your *One Word* is impacting each dimension, how the dimensions are impacting each other, and which dimension needs to grow the most.

“The object of a
New Year is not
that we should
have a new year.
It is that we should
have a new soul.”

G. K. Chesterton

EXAMPLE ENTRY

WEEK: Jan 1-7, 22 **MY ONE WORD:** unstoppable

WEEKLY FOCUS

RENEW YOUR FAITH

You are not an accident. You have a purpose. As you start your One Word journey pray for wisdom and insight. Renew your faith and trust in God's bigger plan for your life.

What areas need my *One Word* **the most**?

- | | |
|----------------------------------------------|-------------------------------------|
| <input checked="" type="checkbox"/> Physical | <input type="checkbox"/> Emotional |
| <input checked="" type="checkbox"/> Mental | <input type="checkbox"/> Relational |
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Financial |

Why? I want to change my limiting beliefs
that are holding me back. (Mental)

I need a breakthrough on my health goals to lose
weight and change my habits to get it done.
(Physical)

EXAMPLE ENTRY

I will put my *One Word* **into action by...**

#1 Paying attention to my thoughts, including doubts and fears.

#2 changing "can't do" into "can do" statements.

#3 Adding a 15-minute brisk walk every morning.

I will impact others with my *One Word* by...

#1 Sharing the changes I'm making with my mindset with my spouse and kids.

#2 Encouraging my inner circle to discover their one word for the year and sharing my one word with them.