



WELLNESS CLINIC
BIJANA KADAKIA ND LAC

Word of the Year

There is no one correct way to choose a word of the year. One option is to look at the list below and circle the first three words that jump out at you then narrow it down. Another option is to circle the top 5 or 10 words that resonate with you then narrow it down in steps. Reviewing this list might bring another word to mind. Keep in mind with the words below that I haven't repeated the words in different forms, so for example, if HEALTH feels close, but isn't exactly the word, maybe HEALING is closer to the mark. Feel free to add other words in the blank space.

Abundance	Family	Open
Acceptance	Find	Order
Action	Finish	Organize
Adventure	Flow	Patience
Allow	Focus	Pause
Art	Forgiveness	Peace
Attention	Freedom	Playful
Awareness	Friendship	Power
Awe	Fun	Prayer
Balance	Generous	Present
Beauty	Gentleness	Prosperity
Believe	Glorious	Quiet
Bliss	Glow	Relax
Boss	Goals	Release
Brave	Grace	Renew
Breath	Gratitude	Represent
Calm	Growth	Rise
Celebrate	Happy	Ritual
Change	Healing	Seek
Choice	Health	Self-Love
Clarity	Heart	Serenity
Compassion	Humble	Shift
Confidence	Imagine	Shine
Connect	Inspire	Simplicity
Consistent	Integrity	Spirit
Content	Intuition	Stillness
Courage	Inward	Synthesis
Create	Joy	Thrive
Creativity	Kindness	Today
Decide	Knowing	Trust
Deliberate	Laughter	Upward
Direction	Learning	Vision
Discipline	Lineage	Voice
Effortlessness	Love	Vulnerability
Embrace	Maintain	Wealth
Enthusiasm	Mastery	Willingness
Expansion	Meditation	Wisdom
Exploration	New	Wonder
Faith	Now	Work

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