



YOU PICKED A WORD - NOW WHAT?

Picking a word of the year to focus your efforts, activities and decisions is the hottest trend. And there is a ton of science behind how it works and why it's effective. So you did the work and picked a word, What do you do with it to make it the most effective for you this year? Here are 4 ways to use your word for greater impact all year long.

4 Ways to Make Your Word Work

#1 - Display it - everywhere.

Your brain activates on your word when you see it with lots of repetition. So put your word everywhere you will see it multiple times a day. Try a post it on your desk or your lock screen on your phone. Maybe put it on the fridge or bathroom mirror. The more you see it, the more your brain starts to activate and then your thoughts lead to action.

#2- Wear it.

This one is my favorite. I love adding a charm or bracelet or necklace with my word. What lady doesn't need more jewelry, right?! This also facilitates you seeing it more often. In this case, more is definitely better.

#3 - Create a mission statement with your Word.

A mission statement is the summary of your aims and values. You may be used to thinking about this for a company but I think every individual should have a personal mission statement to guide their life. Updating it each year in light of your word will give you a guide for implementing in the new year. Once you have a few sentences, display it. We're looking for repetition, right?!

#4 - Let it grow.

You have to be flexible and your word may need to grow. What do I mean by that? You may start the year with an idea of what you intend for this word to mean. But it can become so much more than you anticipate if you are flexible with it. It can change, grow or get tossed mid-year. And all of that is okay. As you grow & change over the year, let your word grow & change in what it means to you. And if it no longer suits you - move on!

And that's it! These 4 simple ways to make your word work will help you see change over the next year.

Which way are you using to make your word of the year make a difference? Check out my word of the year and how I am implementing these ways to make my word most impactful this year.

[My Word of the Year 2024](#)



The image shows a YouTube video player interface. At the top left, there is a circular profile picture of a woman with blonde hair. To its right, the video title "My Word of the Year 2024" is displayed in white text on a black background. On the right side of the title bar, there are three vertical dots representing a menu. The main video area shows a woman with wavy brown hair wearing a red cardigan, speaking. A large red play button is centered over the video. At the bottom of the video frame, there is a white subtitle: "if I really approach the process with intention". Below the video player, there is a black bar with the text "Watch on" followed by the YouTube logo and the word "YouTube" in white.

I hope you found this really helpful. I would love to hear how it is working for you and how you are impacting the world with your word this year. Let's connect at [Be You Beautifully](#) on IG or join our [Be You Beautifully Facebook](#) community and share with me how you are using this information.

Happy New Year!

Suzanne
xo

Curious about working with me to discover your ideal selfcare plan or working with me as a business partner? Contact me at beauty@suzannemharvey.com to schedule your FREE discovery call.