

YOUR WORD FOR THIS YEAR

1. What were the highlights of 2022?

2. What worked well for me?

3. What kind of experience do I want to have in the new year?

4. How do I want to feel? What are the top three feelings I want to feel every day?

5. What can I welcome in my life?

6. What would have I loved to experience, accomplish, and change to tell myself: "it was a wonderful year"?

7. What are some things I could do today to get me there?

8. Who do I want to become at the end of the year?

9. What are this person's qualities?

10. What are?

- Three projects that I would like to carry out.

- Three things that would make my life more wonderful.

- Three things I would like to create.

- Three ways I want to contribute to the world, to those around me.

- Three ways I want to take care of myself.

11. Connect to your wisdom: is there a word that calls you, that appears, which floats in your mind?

12. If not, review your answers above, and see if there is a word, topic, or direction throughout your answers. Is there a theme that weaves them all together?

THE WORD OF MY YEAR IS:

- How will this word appear in the different areas of my life?
- On the family, personal, professional, relational level ... how can this word and intention manifest itself?
- How can I embody it?

GIRAFE COACHING

Girafe Coaching is a leading Life Coaching practice for globally minded individuals, diplomats, expats, and organizations with international talent. We work with people who live abroad, are on assignment, or are repatriating to design their own lives, instead of following the currents of others. We believe that when you live life on your own terms, you create a world where you become an example of what's possible, make a positive impact in your community, and deepen your relationships with yourself, your family, and partner.

CAROLINE GIFFON

Caroline Giffon is an entrepreneur, **Certified Transition and Life Coach**. She is the **founder of Girafe Coaching** and host of **Love Your Expat Life Podcast**.

Caroline helps expats, diplomats, third culture kids (TCKs), and globally minded individuals **get clarity and self-confidence to create a life they love**.

Caroline transformed her complex nomadic lifestyle into something vibrant and meaningful. Today, through her unique methodology and program, **Unlock Your Full Potential**, she guides other global nomads, worldwide, to help them bring the magic back into their lives and careers.

She will help you let go of the confusion, indecision, and frustration of constantly moving, reinventing, or repatriating, to create a purposeful life - flexible and adaptable to your and your family's needs/wants. She believes when you find clarity, you're able to create more space for yourself, your career, and your relationships, so life feels lighter.

Join the Girafe Coaching community : <https://girafecoaching.com>

