# WORDS & AFFIRMATIONS

*Choose words that feel true, useful, and kind.*

## MY WORD FOR 2027

## SIX WORDS I WANT TO CARRY INTO THIS YEAR

1. 
2. 
3. 
4. 
5. 
6. 

## AFFIRMATIONS I WANT TO REMEMBER

**I am making room for...**

**I can take one small step toward...**

**I want to remember...**

**I give myself permission to...**

## A REMINDER FOR MYSELF