

YES! Just One Word

Written by Gayle Nobel

Thursday, 30 December 2010 02:00 - Last Updated Thursday, 30 December 2010 17:29

I'm having the laziest day of the year today and loving it. The challenge is to set the guilt aside (check, done that), lay back (check, done that), enjoy (check, doing that), eat the pizza and chocolate and relish it because why ruin it with guilt, right? (check, done that)... you get the idea. I can hardly believe I get to have a day like this.

Kyle is sick and just wants to lay around and sleep. He listens to his body so I listen to him. My daughter, Leah has been a good influence in that it was her idea to go get a NY pizza so I had a partner and didn't have to eat the whole thing.

It's been so much fun hearing from readers on what they have chosen for their "One Word". Please let me know if you have picked one. It's inspiring to hear from you guys. In a week or so, I would like to write a post with "one words" of my fans. Putting your word out there in the universe is another way of committing to it, don't you think?

Want to know a little more about how it works. Here's more from Christine Kane's blog. (Read my previous post for background).

"Let's say you are one of the many people who would normally choose "Get Organized." You look around to see clutter all over your life. You're tired of the chaos. So, you think, "I need to get organized. That should be my Resolution this year."

But then you read this blog. You decide to try it.

You sit with your clutter. You spend a few days pondering words that will inspire you. You realize in an "Ah-Ha!" moment that you tend to cling to lots of things. You're scared to let go. So you choose the word "Release" because it inspires you in a bigger way than "Get organized."

So, every time you approach your clutter you remind yourself of that word. "Release," you

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say softly. You start to let the clutter go. Eventually, you realize that you're still holding on to lots more than just physical clutter. You realize that you hold onto resentment at old relationships. "Release," you remind yourself. You realize that holding on is affecting your diet and health. "Release" applies to some of the extra weight you've gained as well. Throughout the year, you can see clearly how much you hold on. "Release" is your touchstone. It grows you throughout the year. It becomes your guiding force, not your harsh standard.

□ *Your clutter became your teacher simply because you shifted your intent towards it. This wouldn't have happened if you'd opted only to "Get Organized."*

What word to choose?

Many people know immediately which word resonates with them. For others, a little contemplation is required.

I've compiled a list of possible words below. As you read through them, see if one stands out for you.□

*Compassion
Delight
Generosity
Effortlessness
Wealth
Gratitude
Abundance
Creativity
Willingness
Change
Growth
Freedom
Mastery
Kindness
Health
Presence
Acceptance
Courage
Confidence
Self-Love
Action*

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Forgiveness
Forgive
Release
Trust
Knowing
Patience
Friendship
Fun
Grace
Laughter
Love
Expansion
Exploration
Adventure
Openness
Discipline
Awe
Awareness
Risk
Gentleness
Choice
Spirit
Prayerfulness
Power
Allow
Artfulness
Attention
Beauty
Joy
Focus
Ritual
Heal
Order
Clarity
Pioneer
Peace
Laziness
No
Yes
Deliberateness
Commitment
Savor
Integrity
Listen