

# SKETCHBOOK ADVENTURES

## Prompt 5: Just one word - Dedicating your word of the year

A few years ago I was at a creative conference and I kept hearing people talking about their words of the year. It wasn't just overheard in bits of chatter, but speakers were mentioning words of the year in their presentations and people were posting on social media about them. I had flashbacks of last-to-know junior high moments like showing up at school and being the ONLY one without an armful of jelly bracelets. Obviously I had to find out what a word of the year was (and decide if it was for me) or I was going to be left in the dust.

My research started with my friend Tiffany Han, an awesome business and branding coach and basically a word of the year expert. A word of the year is one word that captures your intention for the coming year. Some words of the year I've seen people choose are patience, abundance, balance, shine, development and adventure. Was a word of the year for me? Perhaps. Will choosing a word of the year alter your life drastically? Maybe or maybe not. I kind of feel the same way about words of the year as I do about creating a vision board. It's fun to come up with the word or create a collage about what you desire but that doesn't mean everything in your life will suddenly change to meet that word or vision. The change comes from turning that word or vision into goals then creating actions to reach those goals.

I decided to give it a try and brainstormed several words that embodied what I wanted out of the next year. The word presence stuck out. I'm a major multi-tasker and most of the time when I'm doing something my mind is already on the next 10 things I need to do, and if it isn't I'm so engrossed in the thing I'm doing (most of the time it's working), that I forget to look up and around and appreciate what's around me. Presence was the perfect word of the year for me. Creating a page in my sketchbook around presence deepened my commitment to my word of the year.

For this prompt, write a list of things you want to accomplish, feel, do or be this year. If you're starting in the middle of the year, don't worry – you can choose a word of the month, week or remainder of the year. Thoughtfully look at your list and find commonalities in your goals then create a second list of words that embody those resolutions. Once you have your word of the year create a page in your sketchbook inspired by it. I chose mixed media collage but feel free to use any technique you want. Use hand lettering to write your word over and over until you fill the page or write your word in the middle and add color around it or create a collage with images inspired by your word.



# presence

ABOUT EVERYTHING.



BEAUTY ALL AROUND



Celebrate the art of the everyday.

TALK TO STRANGERS

taste it

see it



close my eyes & listen to music



feel it



do things with intention

