

55 Focus Words for 2024

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How to use this list

Focus words are specific words that represent your intentions and priorities for the year. They serve as a guide for your actions, decisions, and goals. Unlike traditional New Year's resolutions that can feel rigid and limiting, focus words offer more fluidity because they can manifest in a lot of ways.

Here's one process for discovering your word/words:

1. Get into a calm and receptive state.
2. Set the intention to find your focus words.
3. Allow the words to naturally reveal themselves to you over time.
4. Don't judge or force the words, just accept whatever comes up as your inner wisdom speaking.
5. Take note of your chosen focus words and reflect on how they connect to your intentions and goals for the year.
6. Use your focus words as a guiding force throughout the year, allowing them to inspire and direct your actions and decisions.
7. Revisit your focus words regularly to stay connected with them and make any necessary adjustments or shifts in direction.

RESILIENCE

Bouncing back from adversity, failure, or challenges with strength and positivity.

GRATITUDE

Recognizing and appreciating the value of what we have and the kindness of others.

EMPOWERMENT

Gaining strength, confidence, and control over one's life, making active and autonomous decisions.

COMPASSION

Showing empathy for the sufferings or misfortunes of others, coupled with a desire to help.

COURAGE

Facing fear, danger, or adversity with bravery and the will to persevere and overcome.

WISDOM

Applying knowledge, experience, understanding, and insight to make sound judgments and decisions.

JOY

Experiencing great pleasure, happiness, and a sense of fulfillment from life's experiences.

CREATIVITY

Transcending traditional ideas; creating meaningful new ideas, forms, methods, interpretations, etc.

UNITY

The state of being united or joined as a whole, especially in a shared purpose or effort.

FORGIVENESS

The process of forgiving or being forgiven, letting go of resentment, and moving on with understanding.

STRENGTH

The quality or state of being physically and mentally strong, especially as a result of determination.

FREEDOM

The power or right to act, speak, or think as you want without hindrance or restraint.

PEACE

Freedom from disturbance; tranquility, and a state of mental and emotional calm.

HOPE

The feeling of expectation and desire for a certain thing to happen, with confidence in possibilities.

BALANCE

Maintaining a healthy proportion between different aspects of life; equilibrium.

GENEROSITY

The willingness to give more of something, such as money or time, than is necessary or expected.

EMPATHY

The ability to understand and share the feelings of another; putting oneself in another's shoes.

CURIOSITY

A strong desire to know or learn something, fostering exploration and the pursuit of knowledge.

CONFIDENCE

Belief in oneself and one's powers or abilities; self-assurance.

INSPIRATION

The process of being mentally stimulated to do or feel something, especially something creative.

GROWTH

The process of developing or maturing physically, mentally, emotionally, or spiritually.

PATIENCE

The capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.

HARMONY

Forming a pleasing and consistent whole, especially in relationships.

VITALITY

The state of being active; energy, the power giving continuance of life, present in all living things.

MINDFULNESS

Practicing a state of active, open attention to the present, observing one's thoughts and feelings.

PASSION

Fueling actions with intense enthusiasm and energy; pursuing interests that ignite the spirit.

AUTHENTICITY

The quality of being genuine and true to one's own personality, spirit, or character.

RESPECT

A feeling of deep admiration for someone or something.

CLARITY

A greater understanding; clearness of thought or style.

MOTIVATION

The general desire or willingness to do something/complete a task.

PERSISTENCE

Firm continuance in a course of action, in spite of difficulty or opposition.

POSITIVITY

The practice of looking at life favorably; maintaining an optimistic attitude.

REFLECTION

Serious thought or consideration; thinking about your qualities or past actions.

RELIABILITY

The quality of being trustworthy or of performing consistently well.

DISCIPLINE

The ability to pursue what one thinks is right despite temptations to abandon it.

SIMPLICITY

The quality of ease; maintaining a path that isn't cluttered with excess.

WARMTH

A pleasurable sensation in the body; friendliness, enthusiasm, or affection.

WONDER

A feeling of surprise mingled with admiration, caused by something beautiful or unexpected.

ABUNDANCE

Embracing all of life's offerings, seeking out richness in every experience.

ADVENTURE

Seeking out new experiences and embracing the unknown with excitement and courage.

GLOW

Radiating light and positivity, shining both internally and externally with happiness and health.

HEAL

Focusing on recovery and wholeness, mending from physical or emotional wounds.

INTIMACY

The closeness and attachment achieved through deeply personal interactions.

LOVE

Cultivating deep affection and care for oneself and others.

MAGIC

Infusing everyday life with a sense of wonder and the unexpected.

NURTURE

Providing care and encouragement for personal growth and the growth of others.

PURPOSE

Living with intention, understanding one's reasons and motivations, and aligning actions with values.

RENEWAL

The process of reviving one's energy and perspective, often leading to new beginnings.

REST

Recognizing the necessity of sleep and relaxation to restore energy and promote well-being.

SPARK

Igniting passion for life, fostering creativity and the initiation of new ideas or ventures.

TRUST

The importance of fostering reliability and faith in oneself and in relationships with others.

CONNECTION

Nurturing bonds that foster understanding, both in personal circles and wider communities.

DREAM

Allowing your aspirations to flourish, giving yourself permission to envision a future full of possibility.

EASE

Adopting a relaxed approach, smoothing out life's complexities to navigate with grace and comfort.

FAMILY

Prioritizing relationships and home life, nurturing bonds and creating a supportive network.



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