

One Word Brainstorm Worksheet

Set aside 10 minutes of uninterrupted time (set a timer) to respond to these statements or questions.

What do I need?

If I could change something about my life what would it be?

My biggest struggle is....

What are my obstacles?

I wish I was better at...

What is my biggest excuse when I don't do something?

Is there something I am holding on to from my past that I need to let go of?

List out some of the words that you are thinking about.

Did your "word" come to you while filling in these answers? If not, dig deeper by asking "why?" to any of your answers. Look for a theme, or let it rest for an hour or a day, and come back to it. You may find you want to do this worksheet again in a few days now that you have drawn attention to your needs.