



YOUR
word
OF THE
year

DISCOVERY TOOL

UPLEVEL THE POWER
OF YOUR INTENTION

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ABOUT

Christine

While Christine Kane is best known for her hip and catchy songs, and the down-to-earth wit of her live performances, her fans and students share that they are inspired most by her message of **living authentically, courageously, and successfully.**

Christine's philosophy is that you are the artist and **your life is your work of art.** That, she says, is what it means to "**Live Creative.**" From her years of touring the country to her wildly successful women's retreats and coaching programs, her message is clear:

*You can **create** your life **exactly** as you want it.*

Christine has now mentored and coached over 500 people in her **Uplevel Your Life Mastery Program** and **Uplevel Your Business Program & Blueprint** in addition to live events and weekend programs.

Christine has released 7 CDs and an award-winning DVD in her expansive career as a performer and songwriter. **Borders Books & Music** named Christine one of the Top Five Recordings of 2003, the **Washington Post** called her "a petite powerhouse of a singer."

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INTRODUCTION

Years ago, my friend Kathy LaMotte introduced me to the Word of the Year. Kathy never liked New Year's Resolutions, but choosing a Word to guide her through the year had long been a favorite ritual.

What I've learned from putting this ritual into practice is that Intention — even in the form of a single word — is unfathomably powerful. Resolutions are fine, but they are often motivated by “*shoulds*.” As such, they remain trapped in the “Should Realm” — in our heads.

A *word*, however, contains energy, images and meaning. These are things our hearts and souls get excited about. And this is how transformation begins. Rarely does deep transformation happen because of “Shoulds.”

There are three elements to consider when you choose your Word this year.

1. AUTHENTICITY

Allow yourself to shine through in your word. Let it be totally you. This might be a little scary, and sort of surprising. “*Really? That is my word? Really??*”

For many years, the Words of the Year I chose were generic. “Creativity.” “Power.” “Clarity.”

Then, about four years ago, I realized that I needed to take some huge strides in a different direction in my music career. Til then, I had followed the typical music industry advice, doing the same ol’ same ol’ path as everyone else. I was burnt out and bored by the music executives, their hip goatees, and their tired advice.

As the New Year arrived, the word “Pioneer” popped into my head.

“Pioneer?” I thought. “You can’t choose *that* word! That’s a *dumb* word!”

And yet, it felt *so* real. I knew I needed to pull away from the beaten path of my music career if my life was to have meaning. That year propelled me forward unlike any other.

The following year, I chose “Paradigm” (another weird but real word for me) because after becoming a Pioneer, my entire world-view changed. I knew I needed to create a new paradigm so that I could open up to the results of this change.

I've continued to challenge myself to choose words that feel completely authentic and a little scary. In 2009, I chose "Uplevel" — which was a very personal word for me. Then, unexpectedly, it became the name of two very successful coaching programs I created during the year.

When the word you choose is authentically *you* — then you'll be continually surprised at what it teaches you throughout the year!

If this is your very first year choosing a word, be willing to be imperfect about it. This practice gets better and better each year you do it!

2. AWARENESS

"I chose 'Wealth' — and it didn't happen yet! What's up with that?"

Remember this:

Your "Word of the Year" is not microwaveable — i.e., Choose the word, set a timer, and "bing!" — you manifest!

Your word is meant to teach you about you. It will often teach you about how you *block* your attraction and thwart your creative powers. It sometimes teaches you in paradox.

Awareness is key. This means that everything in your life can be a teacher — including your own reactions to the things.

Remember this:

Intention can't not work. When something arises that tempts you to say, "See? It's not working!" that is your call for a higher state of awareness.

3. CLARITY

Imagine a special night out with your partner. You go to your favorite restaurant. You sit down at the table, read over your menu, and when the waiter arrives, you order the Poached Salmon. (If you're vegan, you order the Poached Tofu. Which would be awful, come to think of it.)

Off the waiter goes to let the kitchen know!

About five minutes later you think, "Nah. I'm not into Poached. They'll never do it right." You call the waiter over and order the Scallops Provencal.

The waiter runs to the kitchen — slightly harried — and changes your order.

As you silently gaze into the eyes of your lover, and the candlelight soothes your mind, you think...

“*Pasta!* That’s it! I want pasta!”

You call the waiter over and ask for a menu so you can cancel your order again and see what kind of pasta is on the menu.

The waiter rushes to the kitchen to cancel your order yet again!

Get the point?

When you are unclear, it’s hard to attract and create the outcomes you desire. Your clarity is such a key element to attracting and manifesting that this worksheet is designed just for the purpose of getting clear about your *what* (the word) and your *why*. (Your motivation.)

Clarity doesn’t mean you have to know the *how*. (You don’t go to the kitchen of the restaurant to make sure they’re using the kind of Poacher recommended by Emeril. You just know that you ask for “Poached,” and it’ll be Poached!)

In other words...

Do not micromanage your *how*. This will only lead to frustration. Perhaps the biggest lesson of this Word of the Year practice is the beautiful balance of letting go of the *how*, while still taking action and saying yes to opportunities that present themselves.

Your job is Clarity. That’s all. And that’s where this worksheet comes in handy.

Either in your journal, or in the space provided, take some quiet time to fill in the answers below. This worksheet is designed to get you supremely clear so that you can be a manifesting fool, my friend.

PART 1

INTENTION AND CLARITY: KNOW YOUR **WHY**

Write the word (or words) you are choosing for the coming year: _____

Why is this the perfect word for you this year? _____

If you embraced and lived this word daily, what would be different for you? _____

In what ways do you already live/embody this word? _____

In what ways do you *not* live/embody this word? _____
