

Hello Friends!

Thanks for writing about your word-of-the-year!

Here are some guidelines to help you as you write your post. Please read this carefully, as it will contribute to the ease of publishing your contribution.

IMPORTANT: Guest blogging is an interactive relationship! It works best when the guest-blogger lets her peeps know. Therefore, we ask that you please TWEET, email your list, AND Facebook your post when your post runs. Your peeps will be the first to comment on your posts!

1. You're going to write a blog post about the word you chose in 2010. NOT the word you're going to choose for 2011.
2. Please limit the number of words in your post to 700 or less.
3. Here are some elements to consider in the body of your post:

BEFORE:

Were you skeptical at all at this idea? What made you choose your word? What "scared" you or excited you about the word you chose? Was this word a stretch at the time? Why?

DURING:

How did the word show up throughout the year? How did it guide your actions? How did you grow? How did it challenge you? Did you ever have to learn through paradox? (In other words – some people choose forgiveness – and instantly find themselves in a situation that DEMANDS them to forgive...i.e., someone betrays them, someone leaves them.) Don't forget to add a specific story in there. Even one moment of growth is powerful.

AFTER:

What results/changes have you created/experienced? Feel free to share if the word has led you to consider what your word will be for 2011.

4. Keep your paragraphs short. Computer screens are hard to read. Short paragraphs work.

5. Be as creative as you'd like. Make a list. Tell one story. Have fun with it. Be YOU.

6. Do not include any outgoing links in your post. We will not have time to add links into your post. We will, however, link your bio to your site or blog.

7. Please send along a short bio (100 word limit) for the byline at the top of your post. Include a link to your site or blog so that people can find you or follow you.

8. Send your photo with your post. Please attach it to your email along with your post.

9. Write your post in Word, and then attach the post to the email you send.

10. Send the email with the Subject Heading: "Word of the Year Blog" to uplevelyourlife@gmail.com.

11. Send your post by December 21.

12. Remember: Blog Posts are not written. They are re-written! Please read your post aloud to yourself several times before sending it. If it sounds confusing to you, it will sound confusing to the reader!

13. Most likely, several people will be writing about the same word. That's totally fine. Your voice and your experience are unique. I want readers to really get how much even the slightest intentions can guide our lives and make us more aware. This is not a competition for uniqueness. It's simply a chance to be authentic and shine.

Thanks for being a part of this project! I look forward to reading your words!

Christine