



Your Word of the Year Workbook

**A Guided Journey Into Intention,
Clarity and Soul-Led Focus**

www.WellnessWithMoira.com



Purpose:

To help you discover a powerful, aligned, and intuitive personal theme to guide your choices, energy, and evolution throughout 2026.

Inside You'll Find:

- 🌀 Reflective prompts
- 🌀 Year-in-review exercises
- 🌀 Earth Quarter & Monthly theme mapping
- 🌀 Word inspiration lists
- 🌀 A structured pathway to discovering your Word of the Year
- 🌀 Future tracking for 2026
- 🌀 A space to declare your guiding word or phrase

May this workbook awaken clarity, intention, and deep alignment as you step into the next chapter of your journey.



Welcome to Your Word of the Year Journey...

Choosing a Word of the Year is a gentle, empowering, and deeply intentional way to shape the energy of your upcoming year. Unlike a rigid resolution, your word becomes a supportive theme — a guiding compass that brings your desires, your intentions, and your inner wisdom into daily focus.

This practice invites you to pause, reflect, and consciously choose the quality you wish to cultivate as you enter 2026. Your word becomes a whisper of encouragement, a reminder of what matters most, and an anchor point for your evolving story.

Use this workbook to explore, reflect, and discover the word that best aligns with your hopes, needs, and dreams for the year ahead.



What is a Word of the Year?

A Word of the Year is a single word (or short phrase) that sets the tone for your life for the upcoming year. It captures the essence of what you want to feel, create, embody, or develop.

It is:

- ☯ A theme
- ☯ A guiding intention
- ☯ A touchstone for daily decisions
- ☯ A reflection of who you are becoming

Your word should feel expansive, supportive, inspiring — and deeply *yours*.

Why Choose a Word Instead of a Resolution?

Benefits of Choosing a Word of the Year

Simplicity & Focus

A single word is easy to remember and acts as a grounding theme throughout the year.

Flexibility & Adaptability

Your word evolves with you. It grows, expands, and supports you through change.

Encourages Self-Reflection

Choosing your word requires you to tune inward — acknowledging your desires, challenges, and dreams.



Creates Intentionality

Your word helps align daily choices with your deeper values and long-term vision.

Supports Growth & Development

By focusing on a single theme, you naturally take steps to strengthen that quality in your life.

Provides Direction

When uncertain, your word can help guide decisions and keep you aligned with what truly matters.

Builds Resilience

Your word becomes a source of strength in moments of challenge or discombobulation.

Offers a Positive Mindset Anchor

An uplifting word influences your energy, perspective, and emotional well-being.

Crafts a Personal Narrative

Year after year, your chosen words tell the evolving story of your soul's journey.



How to Choose Your Word of the Year

To begin your process, I invite you to get grounded using your own favorite practice or you could listen to this guided meditation:

Grounding & Connecting: <https://insig.ht/rnsBxznrNEb>

Take a moment to reflect on the past year and connect with what you desire for the next one.

Step 1 — Reflect upon the Past Year

Create two columns on a sheet of paper:

Column 1: What went well this past year?

Column 2: What would you like to shift or change?

Now reflect:

- ☯ How do the “wins” make you feel?
- ☯ What qualities or themes run through them?
- ☯ What do you want more of in 2026?
- ☯ What do you want less of — and what is the opposite of that?

Step 2 — Explore Possible Words

Choose 1–5 words that resonate with how you want the new year to feel. They can be:

- ☯ Nouns
- ☯ Verbs
- ☯ Energetic qualities
- ☯ Emotional states

Let your intuition lead — don't overthink it.



Step 3 — Narrow It Down

Review your list. Notice which word:

- 🌀 Feels expansive.
- 🌀 Sparks emotion.
- 🌀 Pulls on your heart.
- 🌀 Makes you exhale with “yes... this”

Then gently select the word that feels aligned, true, and supportive.

Step 4 — Anchor Your Word

Use your word intentionally:

- 🌀 Write it on a notecard
- 🌀 Place it on your mirror
- 🌀 Keep it on your desk
- 🌀 Add it to your phone wallpaper
- 🌀 Put it beside your meditation space

Let it become a daily reminder of your intention.



Word of the Year Inspiration List

If you're seeking inspiration, here are 50 words to spark creativity:

**Transform • Courage • Harmony • Adventure • Balance
Resilience • Growth • Mindfulness • Joy • Empower
Focus • Heal • Innovate • Thrive • Simplify • Connect
Explore • Gratitude • Peace • Create • Nurture
Discover • Inspire • Flourish • Awaken • Believe
Reflect • Elevate • Persevere • Dream • Sustain
Empathy • Challenge • Diversity • Kindness • Wisdom
Freedom • Renew • Resolve • Engage • Passion
Vibrant • Calm • Illuminate • Transform • Integrity
Breathe • Aspire • Unite • Evolve**

Feel free to use one of these or choose something entirely different.
Your perfect word is the one that speaks directly to your soul.



Reflection Prompts to Help You Discover Your Word

Use the space below to reflect upon each question:

1. What quality would you like to grow in your life this year?

Notes: _____

2. What quality would you like to diminish? What is its opposite?

Notes: _____

3. What outcome would you love to experience by the end of the year?

Notes: _____

4. What activity, priority, or focus feels primary for the coming year?

Notes: _____



5. What inner or outer transformation do you desire most?

Notes: _____

6. Can you encapsulate your main intention for the year in one word?

Notes: _____

7. What do you want your year to look like?

Notes: _____

Click on the link below for a special Guided Meditation:

[Discovering Your Word of the Year](#)



The Sacred Practices of Back Tracking & Future Tracking

Honouring the Wisdom of Where You've Been & Where You're Heading

Before we step forward with clarity and intention, it is deeply important to pause and acknowledge where we have already been.

Back Tracking is not about judgment, regret, or over-analysis. It is about witnessing. It is about honouring the experiences, lessons, cycles, and patterns that have shaped us over the past year. When we take time to reflect upon what we have lived, felt, navigated, and integrated, we move beyond reactive decision-making and into **embodied wisdom**.

By reviewing the past with compassion and curiosity, we allow insight to rise naturally. We begin to see what truly supported us, what depleted us, what asked for our attention, and what quietly completed its cycle. This awareness becomes the foundation for **informed, confident, and grounded intentions** as we move into a new year.

Back Tracking invites us to ask:

- 🌀 What did this season of my life teach me?
- 🌀 Where did I grow, stretch, soften, or strengthen?
- 🌀 What am I ready to carry forward — and what am I ready to release?

When we honour what has been, we reclaim our power to choose what comes next with greater clarity and self-trust.



Future Tracking: Envisioning What Is Possible

While Back Tracking grounds us in lived experience, *Future Tracking* invites us into conscious creation.

Future Tracking is not about rigid planning or forcing outcomes. Rather, it is a spacious and intuitive practice of envisioning. It allows us to sense into the most aligned, authentic, and life-giving version of what the year ahead could hold — emotionally, energetically, and spiritually.

Through Future Tracking, we begin to attune to the qualities we wish to embody, the experiences we desire to invite, and the way we want to feel as we move through the year. This process gently aligns our inner landscape with our outer actions, helping us co-create our path forward with intention, trust, and openness.

Future Tracking invites us to ask:

- 🌀 How do I want my life to feel in the coming year?
- 🌀 What energies am I ready to welcome more fully?
- 🌀 What version of myself is waiting to be expressed?

Rather than predicting the future, this practice helps us *prepare ourselves to meet it* — grounded, receptive, and aligned.



Why We Follow the Earth Quarters

In this work, we intentionally move away from conventional fiscal or calendar-based quarters and instead align with the **Earth Quarters**, marked by the Solstices and Equinoxes.

The Earth Quarters invite us into a **sacred rhythm** — one that mirrors the cycles of nature, the turning of the seasons, and the wisdom encoded in our own bodies and ancestral lineages. Long before modern calendars existed, humanity lived in relationship with these natural thresholds, attuning to the subtle shifts of light, darkness, growth, and rest.

By aligning our reflection and intention-setting with the Earth Quarters, we step into a deeper, more embodied practice — one that honours ***Mother Earth as a living teacher*** and recognizes that we, too, are cyclical beings.

Each Solstice and Equinox act as natural portals:

- 🌀 A moment of balance or extremity
- 🌀 A turning point in energy
- 🌀 An invitation to pause, reflect, and realign

Working with these markers helps us soften out of linear urgency and into ***seasonal awareness***, allowing our intentions to be rooted, responsive, and sustainable.



A Practice of Remembering

Choosing to Back Track and Future Track through the Earth Quarters is, at its core, a practice of remembering.

It reminds us that:

- 🌀 Wisdom is gathered through experience
- 🌀 Growth happens in cycles, not straight lines
- 🌀 Intention is most powerful when it is embodied
- 🌀 We are co-creators, not controllers, of our lives

As you continue to move through this workbook, allow yourself to engage with these practices gently and honestly. There is no right or wrong way to do this. What matters is your presence, your willingness to listen, and your trust in your inner guidance.

When we honour where we've been and consciously envision where we are going — in rhythm with the Earth itself — we create space for a year that is not only intentional, but deeply aligned, authentic, and alive.



Exercise: Back Tracking (Reviewing 2025)

Understanding your previous energetic patterns helps illuminate where you're heading next.

Ritual Opening for Back Tracking

Entering the Practice with Presence & Reverence

Before you begin the practice of Back Tracking, take a moment to consciously arrive.

This is not a task to rush through — it is a *ritual of remembrance*.

Find a quiet space where you can be uninterrupted for a short while. You may wish to light a candle, hold a crystal, place your journal beside you, or simply take a few slow, steady breaths. Allow your body to soften and your nervous system to settle.

Gently bring your awareness inward.

Feel your feet connecting to the earth beneath you.

Feel your breath moving through your body.

Feel yourself fully present in this moment.

Now, set an intention for this reflection. You might silently say:

“I choose to look back with compassion and honesty.”

“I honour the wisdom of my lived experience.”

“I allow clarity, insight, and understanding to emerge with ease.”

As you reflect on the seasons and cycles of the past year, remember:

You are not here to judge your choices or outcomes.

You are here to **witness**, **learn**, and **acknowledge**.

Every experience — joyful or challenging — has contributed to who you are now.



Every season has offered something of value.
Move through the Back Tracking exercises slowly and intuitively.
Pause when you need to.
Breathe when emotions arise.
Trust that whatever comes forward is exactly what is meant to be seen.

This is an act of self-respect.
This is an act of wisdom.
This is an act of honouring your journey.

Earth Quarters — Pull a Card or Choose a Word

Solstice → Equinox (Dec 21 - Mar 21):

Theme: _____

Equinox → Solstice (Mar 21 - Jun 21):

Theme: _____

Solstice → Equinox (Jun 21 - Sep 21):

Theme: _____

Equinox → Solstice (Sep 21 - Dec 21):

Theme: _____



Monthly Themes — Pull a Card or Choose a Word

January: _____

February: _____

March: _____

April: _____

May: _____

June: _____

July: _____

August: _____

September: _____

October: _____

November: _____

December: _____

Your Overarching Theme for 2025

Word or Phrase: _____



Exercise: Future Tracking (Preparing 2026)

Now turn your attention toward the coming year — inviting clarity, excitement, and intention.

Earth Quarters — Pull a Card or Choose a Word

Solstice → Equinox (Dec 21 - Mar 21):

Theme: _____

Equinox → Solstice (Mar 21 - Jun 21):

Theme: _____

Solstice → Equinox (Jun 21 - Sep 21):

Theme: _____

Equinox → Solstice (Sep 21 - Dec 21):

Theme: _____



Monthly Themes for 2026 — Pull a Card or Choose a Word

January: _____

February: _____

March: _____

April: _____

May: _____

June: _____

July: _____

August: _____

September: _____

October: _____

November: _____

December: _____



Closing Integration Reflection for Future Tracking

Anchoring Vision, Trust & Intention

As you complete the Future Tracking portion of this workbook, take a wee moment to pause.

Notice how your body feels... Notice the tone of your thoughts... Notice the quality of energy you've just engaged with.

You have just spent time consciously envisioning the year ahead — not from fear or urgency, but from alignment, authenticity, and possibility. This is powerful work.

Gently reflect upon the words, themes, and images that emerged for you:

- ☯ What feels most exciting?
- ☯ What feels most grounding?
- ☯ What feels quietly reassuring?
- ☯ What feels expansive yet attainable?

You may not have clarity on how everything will unfold — and that is perfectly okay. The purpose of Future Tracking is not to control outcomes, but to ***prepare your inner landscape*** so that you can meet the year ahead with confidence, openness, and trust.

Take a few breaths and allow this truth to land:

I do not need to have it all figured out.

I simply need to stay connected to what feels true for me.



You can return to these reflections at any point throughout the year. Let them serve as gentle touchstones — reminders of the intentions you set and the version of yourself you are consciously stepping into.

Your future is not something you chase.
It is something you *meet*, one aligned choice at a time.

Your Word or Phrase for 2026

(Write it boldly, beautifully, and with intention.)

My Word of the Year is:

Reflection

Take a moment to breathe deeply and feel into this word.

Why this word? Why now?

How does it want to shape your choices, your energy, and your path in 2026?

Final Thoughts:



Looking for Further Guidance or Support?

You Don't Have to Walk This Path Alone

Your **Word of the Year** is designed to walk beside you — a quiet guide as your year unfolds. And sometimes, as we navigate new seasons, it can feel nourishing to receive additional support, insight, or gentle guidance along the way.

If you feel called to deepen your connection with your intuition, strengthen your inner trust, or cultivate ongoing alignment and self-care, the following offerings are available to support you on your path into 2026 and beyond.

Guided Meditations & Courses on Insight Timer

You're warmly invited to explore my growing library of guided meditations, audio teachings, and short courses available on Insight Timer.

These offerings are designed to help you:

- 🌀 Ground your energy
- 🌀 Calm the mind and nervous system
- 🌀 Strengthen intuitive awareness
- 🌀 Cultivate clarity, trust, and inner peace
- 🌀 Create supportive daily rituals

They are perfect for moments when you need a wee pause, a reset, or a gentle reminder to come home to yourself.

<https://insighttimer.com/wellnessmoira>



The Inner Wisdom Academy

A Sacred Space for Ongoing Self-Connection & Care

The Inner Wisdom Academy is a transformative membership created to support you in reconnecting with your inner self, working intentionally with the moon's cycles, and cultivating a sacred self-care practice that nourishes you — not just occasionally, but every single day.

Inside the Academy, you'll find:

- ☯ Lunar teachings and rituals
- ☯ Guided meditations and reflections
- ☯ Practices aligned with natural rhythms
- ☯ Support for emotional, energetic, and spiritual well-being

This space is for those who crave consistency, depth, and a gentle structure that supports inner alignment and intuitive living.

<https://innerwisdomacademy.wellnesswithmoira.com/academy-membership>



The Inner Compass Accelerator

Fast-Track Your Intuitive Clarity & Soul-Aligned Action

The Inner Compass Accelerator is a 9-week guided journey designed to help you deepen trust in yourself, align with your soul's purpose, and take inspired, aligned action in your life.

This program supports you in:

- ☯ Connecting more deeply with your intuition
- ☯ Exploring and honouring your unique gifts
- ☯ Releasing self-doubt and overthinking
- ☯ Learning sacred self-care practices
- ☯ Creating a life that feels meaningful, fulfilling, and authentic

This is a supportive container for those who feel ready to move forward with clarity, confidence, and a strong sense of inner direction.

<https://innerwisdomacademy.wellnesswithmoira.com/inner-compass-accelerator>



A Gentle Invitation

You are always the authority in your own life. Trust what feels aligned, nourishing, and supportive for you in this season and beyond.

And if at any point you feel called for further guidance, reflection, or support — please know that you are warmly welcome to reach out. It is always an honour to walk alongside you as you continue to listen inward and follow your most illumined path forward.

<https://wellnesswithmoira.com/contact-me>



Closing the Process

As you come to the end of this workbook, I invite you to take one final, intentional pause.

You have reflected on where you've been.
You have envisioned where you are going.
You have listened inwardly and allowed clarity to emerge.

Your **Word of the Year** is more than a word.
It is a companion. A reminder. A quiet guide that will walk with you as the year unfolds.

I would truly love to hear what word you have chosen and what it represents for you. If you feel called, please reach out and share your Word of the Year with me — it is always an honour to witness the intentions and inner truths my clients are stepping into.

And remember, you are never meant to navigate your path alone.

If questions arise...
If clarity feels momentarily elusive...
If you feel called to deepen your understanding or realign your direction...

You are always welcome to reach out for guidance, reflection, or support.

Trust that you are capable of making wise, embodied, soul-aligned choices.
Trust that your inner compass knows the way.
And trust that each step forward — taken with intention — leads you closer to your most illumined and authentic path.



May your chosen word support you, steady you, and inspire you throughout the year ahead... And may you move forward with confidence, clarity, and grace.

With warmth, trust, and deep appreciation,

Moira



Moira Hutchison is an Intuitive Coach & Mentor, Meditation Teacher, Energy Healer & Tarot Consultant...

Her passion is to help people who struggle with motivation and who are feeling stuck and overwhelmed.

She guides and inspires clients and students to recognize and trust in their intuition while acknowledging and removing their mindset blocks so they can develop calmness, balance, ease, and peace.

She also helps people to access their unique gifts and serve their purpose in this world without suffering from burnout.



She is dedicated to inspiring people to recognize that **THEY** are the solution they have been looking for all along. When people feel confused and stuck, especially in the Western world, we tend to be conditioned to search for the silver bullet, the quick fix – which is always external – so we can tune out of our unhealthy and stressful life rather than access the magic within.

Moira is deeply saddened to hear people talk about themselves in a derogatory and judgmental fashion - giving more importance to the "Inner Critic". Where is the compassionate, loving nurturing that we all need and deserve?

For her, it is all about ensuring inner connection – helping us to recognize that there IS a divine plan for each one of us and that we can choose what and how to best show up in our lives!

It is her prime directive to facilitate people to take **FULL** responsibility for the life they have created for themselves... ultimately creating what makes them happy!!

