One Word Project

New Year, New Goals!

Reflect on 2019

Get out a blank sheet of paper. Title it "**One Word Project.**" Write your answers to the following questions in complete sentences.

1. What are your top 3 favorite experiences from 2019?

2. What are 3 words you would use to describe 2019? Why?

3. What is one thing that went well for you in 2019?

4. What is one thing that could have gone better for you in 2019?

Video

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Now, let's watch the following video to get an idea of what you'll be doing today:

https://www.today.com/video/today/53957503

Look Forward to 2020

Return to your paper and write your answers to the following questions:

1. What do I want to happen in 2020?
2. What do I need in 2020?
3. What gets in my way when I try to accomplish things?
4. What do I need to focus on in 2020?

Brainstorm Words

When you finish answering the questions above, brainstorm at least **5** words that you can use to define your year in 2020.

Your words can be...

- Something you want to DO
- Something you want to BE
- Something you want to FEEL
- Something you want to ACHIEVE

Expand

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Grab your computer and go to www.thesaurus.com.

Type in each of your words and find **2** synonyms that you think are better or also appropriate. Add them to your sheet of paper like this:

sarcastic (weisenheiming, satirical)

Word (Synonym 1, Synonym 2)

Select

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Now that you have **1** **5** (!) options, select your **1** word to live by for 2020. Now, on your sheet of paper, write a paragraph that answers the following questions:

1. What is your "one word" for 2020?
2. What does your word mean to you? (why did you select it?)
3. How will this word affect you in school?
4. How will this word affect you outside of school?

Making Your Card

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Google "one word project examples" and take a look at some of the images that you see--get inspired! What do you notice?

You need to create a card that prominently displays your word, contains color, and is neat/easy to read. These **WILL** be displayed in the room, so start this year on a high note with your best work :)

Check your card with me before you turn it into the tray by the end of the class period today.