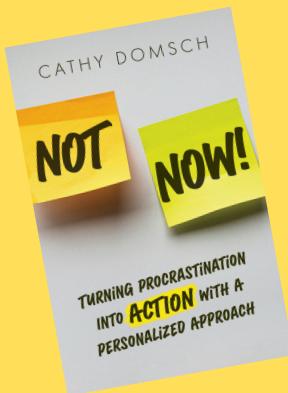


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A Catalyst For Change

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WHY ONE WORD BEATS RESOLUTIONS

Let's be honest—resolutions often feel like pressure-packed promises we abandon by February. That's why I love the simplicity and power of choosing One Word to guide the year ahead.

One Word is more than a goal—it's a theme, a compass, a mindset. It helps you stay focused, grounded, and intentional.

Over the years, I have chosen words like **Intention**, **Confidence**, and **Gratitude**—and these words have shaped my decisions, relationships, and growth.

My word for last year was **Present**. It reminded me to stay grounded during busy seasons and be Present with myself, my clients and my family.

This year, I'm choosing to **Level-Up** in every area of my life.

Leveling up means refusing to settle for "good enough" and instead striving for excellence, progress, and intentional growth. It's about taking small, consistent steps that lead to big results, embracing challenges as opportunities, and surrounding myself with people and habits that elevate my mindset and actions.

What's your One Word for 2026?

To help you choose, check out Jon Gordon's book, One Word at www.getoneword.com and download the Action Plan. I have read the book every Fall for the past 8 years to help me find my One Word.

[Schedule a virtual coffee with Cathy to discuss ways we can assist you or your team with reaching your goals!](#)