

Word of the year 2026

A Prayerful Guide to Discernment,
Identity, and Alignment

Sequita Myers-Carlisle



A LITTLE BIT ABOUT ME

I'm a Jesus-loving wife to William, mom of three, and forever mama to my sweet Lil Will. I've walked through loss, adoption, and the beauty of motherhood, and those experiences have shaped my heart and mission. My passion is encouraging and empowering women—helping them see their value, embrace their purpose, and rise above fear, doubt, or comparison.

I love bold conversations, faith-filled inspiration, and guiding others to live with joy, freedom, and peace. Through my wellness and digital marketing work, I help women leverage tools, simplify what feels overwhelming, and step confidently into their God-given destiny. When I'm not working, I'm laughing with my family, celebrating life's milestones, and enjoying my favorite supplements—Rise and Source.



PART 1: LOOKING BACK

"Every season of your life has meaning. Even the difficult ones are shaping you for what comes next." - Sequita Myers-Carlisle

Review the Year Behind You

Pause and review the past year. What moments are you proud of? What wins did you experience, and what do you want to build on moving forward?

Identify What Held You Back

What habits, beliefs, or situations slowed your progress this year? What is no longer serving you and needs to be released?

PART 2: LOOKING FORWARD

"What challenged you yesterday is equipping you for tomorrow." - Sequita Myers-Carlisle

Envision the Year Ahead

Describe the person you want to be by the end of this year. Be specific—health, growth, spirituality, work, and life.

WORD OF THE YEAR 2026 WORKBOOK

Abide

Absolve

Abundance

Acceptance

Achieve

Action

Activated

Adapt

Adventure

Alignment

Alive

Allow

Amazing

Ambition

Anchor

Anointed

Assignment

Attention

Authentic

Awaken

Balanced

Be

Beautiful

Becoming

Behold

Believe

Belong

Better

Bloom

Bold

Boss

Boundary

Brave

Breathe

Build

Calm

Capture

Caring

Change

Chosen

Clarity

Comfort

Commit

Communicate

Compassion

Complete

Compromise

Confidence

Connection

Consistency

Content

Contribute

Courage

Creative

Cultivate

Declutter

Decrease

Dedicate

Deliberate

Detach

WORD OF THE YEAR 2026 WORKBOOK

Determination

Devote

Diligence

Direction

Discernment

Discipline

Dream

Education

Elevate

Embrace

Emerge

Encourage

Endure

Energy

Enjoy

Enlighten

Enough

Enthusiasm

Examine

Excellence

Excitement

Expand

Experience

Explore

Faith

Family

Fast

Fearless

Finish

Flourish

Focus

Forgive

Forward

Foster

Foundation

Freedom

Friend

Fulfill

Fun

Generosity

Gentle

Give

Grace

Grateful

Gratitude

Grounded

Growth

Habit

Happy

Harmony

Heal

Higher

Honesty

Hope

Hustle

Identity

Imagination

Improve

WORD OF THE YEAR 2026 WORKBOOK

Increase

Indulge

Inspiration

Integrity

Intentional

Intimacy

Intuition

Joy

Kindness

Known

Laugh

Laughter

Lead

Learn

Listen

Live

Love

Manifest

Meditate

Mindful

Moments

Move

Multiply

No

Nurture

Obedience

Open

Organize

Overcome

Passion

Patience

Pause

Peace

Permission

Perserverance

Play

Positivity

Possibility

Power

Practice

Pray

Preparation

Present

Progress

Prosper

Provision

Purpose

Quiet

Rebuild

Receive

Reclaim

Refine

Reflect

Relax

Release

Renewed

Reset

Resilient

WORD OF THE YEAR 2026 WORKBOOK

Resolve
Respect
Rest
Restore
Reverence
Revive
Rise
Romance
Rooted
Safe
Seek
Self-care
Self-love
Serenity
Serve
Share
Shift
Simplify
Sisterhood
Slow
Smile
Spirit
Stewardship
Still
Strength
Strive
Success
Surrender
Teach
Thoughtful

Thrive
Touch
Transparency
Transformation
Travel
Trust
Try
Unburdened
Understanding
Unique
Unity
Unlimited
Unshakeable
Unstoppable
Value
Vision
Vulnerability
Warrior
Wellness
Whole
Winning
Wisdom
Wish
Wonder
Worth
Worthy
Yes

PART 3: THE WHY BEHIND THE WORD

Discern Your Word

Revisit the words you circled earlier. Write the word or words you are sensing for the year ahead. Why do these stand out to you?

Meaning and Significance

Why does this word feel significant for you this year?

Daily Impact

If this word became a daily practice, how would your everyday life change?

Awareness and Growth

Where do you already see this word showing up in your life? Where do you struggle to live this word fully?

Outcomes

If this word became a daily practice, what ten things might grow in your life this year?

PART 4: THE TRIGGERS THAT COULD DERAIL YOU

Identify Triggers

What are three specific triggers that could pull you out of alignment with your Word?

Obstacles

What obstacles have kept you from fully living this word until now?

New Practices

What four new habits or practices could help you live out this word more fully?

PART 5: TIME TO DREAM

Aligned Goals

What five goals—large or small—do you want to pursue this year in alignment with your chosen Word?

A Winning Year

What would make this year a true win for you? Write openly and in detail. Don't pause to edit—just write.

NOW WHAT?

Choose Your Word

Share Your Word

Wherever you show up—online or in person—consider sharing your Word and the reason behind it.

Your story may encourage others to choose a Word for their own year.

Use **#wordoftheyear2026** to share and connect.

Practice Your Word Daily

Integrate your Word into your daily environment—phone or desktop wallpaper, vision boards, affirmation cards, mirrors, office décor, or meaningful objects.

Seeing and speaking your Word regularly keeps it present in your thinking and actions. Speak it out loud often. When paired with positive affirmations, spoken words help retrain your thinking and support lasting transformation.

FIND ACCOUNTABILITY

Growth rarely happens in isolation. Staying aligned with your Word becomes easier when someone is walking alongside you.

Choose someone you trust who will support and challenge you. Share this workbook to stay aligned and intentional together.

WORD OF THE YEAR 2026

If this workbook spoke to your heart, don't be shy—DM me. I love walking with people as they find their purpose, embrace their calling, and go after their dreams with confidence. - Sequita

"Word of the Year 2026" is a transformative guide designed to help women uncover their true identity and purpose through the power of discernment. By reflecting on past experiences and envisioning future goals, readers are empowered to choose a meaningful word that aligns with their aspirations for the year ahead. With heartfelt insights and practical journaling prompts, this book inspires a journey towards joy, freedom, and intentional living.