

How to identify a “watchword” for the New Year

By Marie Drennan, December 2017

I created a practice for the New Year for myself many years ago and I call it my “watchword practice”.

I think about a word that represents something either I want to pay attention to in the New Year, work on, aspire to, bring into my life, or become more aware of. Sometimes this becomes clearer to me after I have done my review of the past year, but one can do this on its own.

I have created this practice so that I watch for and create expressions and experiences of this word in my life going forward into the new year.

I see this very differently than a resolution because it is more of an awareness, than feeling I have to accomplish something on a time schedule.

I write about my word in my journal, and create a visual of it in the form of collage. Since I am a practitioner of the SoulCollage© process, I use that method for thinking about and creating my collage card.

Then I like to do a reading with my card by pulling 4 cards, one each from the 4 suits of my SoulCollage© cards or randomly if preferred.

I lay them out upside down as in a card reading, and ask this question of the card as I turn each over:

“What do you have to tell me about _____ (my watchword) for the New Year?”

(You may want to record yourself doing your reading, if you are doing it alone, so you can be free flowing and don’t get distracted writing what you say.)

I also keep out the one card I made to remind me of my watchword through the year. I return to the other four cards from the reading to my deck since they may want to “speak” at another reading during the year!!