

YOUR
word
OF THE
year

DISCOVERY TOOL

UPLEVEL YOUR LIFE USING
THE POWER OF YOUR INTENTION

Created by Christine Kane

www.christinekane.com

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ABOUT

Christine

Christine Kane is known as the Mentor to Women Who are Changing the World. She is the president and founder of Uplevel YOU™, a million-dollar company committed to the growth and empowerment of entrepreneurs around the globe through teaching not only high-level cutting-edge authentic marketing and business strategies – but also transformational techniques to shift mindsets and wealth.

Christine has now worked with over a thousand people in her ***Uplevel Your Life® Mastery Program*** and ***Uplevel Your Business™ Program & Blueprint***, in addition to her popular events, workshops and retreats – where she teaches students how to create successful businesses based in their passion, attract an ongoing stream of customers, clients and income – while creating a life of meaning and purpose.

After 15 years in a successful career as a popular songwriter and performer, Christine shifted her focus so that she could provide a deeper level of service to other creative and entrepreneurial types. “Yeah,” she laughs. “I went from being a rock star on the stage to helping people be rock stars in their lives and businesses! I love it! This is my dream come true!”

Christine provides upleveling advice, breakthrough techniques and other resources to over 25,000 subscribers from around the world via her Uplevel YOU™ eZine and other products at www.christinekane.com.

INTRODUCTION

Dear Powerful Visionary,

I know. I know.

That's quite a lofty greeting for a tool that teaches you how to "choose a word."

But that's just it. There's a lot more going on here. (And I think you know that. Otherwise, you wouldn't be reading this.)

We're talking about nothing less than transformation. That can mean anything from changing how you think about money to totally reinventing your life.

And I'll tell you what.

It all starts with INTENTION. And Clarity.

All transformation begins when you know how to use Intention – and when you know how to be CLEAR about it.

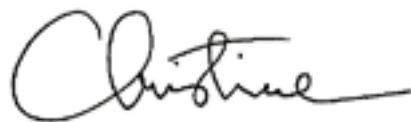
That's why I wrote this for you.

So, read it.

Do the work.

It'll blow you away.

I promise!

A handwritten signature in black ink that reads "Christine". The signature is written in a cursive, flowing style with a long horizontal tail stroke.

Happy New Year's Pattern . . .

Every year in December, the regulars at the gym joke about what's around the corner.

"Have a good workout now," they say. "Cuz we're about to be under attack."

That's because all the folks who have – yet again – made their New Year's Resolutions will show up. They'll hoof it up for a while. Then, around Valentine's Day, the regulars get to have their old gym back.

It's true. And it's kind of sad. (And yes, we've all "been there done that.") In fact, I once heard a radio talk show where the hosts were discussing the most common New Year's Resolutions and the average success rate. Among the most popular were Get Organized, Be More Spiritual, Lose Weight, Quit Smoking, and Spend More time with the Family.

I don't know about you, but this kind of To-Do List approach to life transformation does little to inspire me. And it doesn't surprise me that the success rates were pretty depressing.

Why Resolutions Don't Work

The reason most resolutions don't work is that they address only one level of your life:

The DO level.

This is what I call the DO-HAVE-BE model...

"I will DO this thing..." (i.e., Lose weight)

"...so I can HAVE this other thing..." (Self-Esteem)

"...and then I can BE this thing." (Confident.)

The average New Year's Resolution doesn't address the core of the entire issue – the "BE" level.

Which brings me to you...

The best order for creating positive changes in your life is the BE-DO-HAVE model. This means that if you want to transform (or Uplevel, as I call it), you must start from the BE level. When you

begin changing on the BE level of your life, then the DO level and the HAVE level follow more easily.

When you start only on the DO level, then all the blocks on the BE level will soon become the obstacles you can't overcome.

A Better New Year's Ritual

Many years ago, I decided that instead of resolutions, I would pick a word that would guide me throughout the year. It would be my touchstone. It would remind me to live my life at the BE level.

This didn't mean that I didn't take action. It meant that my actions were inspired from the BE level. In fact, I took more action than ever with this new approach!

Since then, I've written about this on my blog and in my newsletters at the start of each year. Now, I regularly hear from people who have Uplevelled their lives because they focused on one word.

That's because intention is unfathomably powerful. Resolutions are fine, but they often come from our thoughts and are motivated by lots of "SHOULDs."

A WORD, however, contains energy and images and meaning.

These are things our hearts and souls can get excited about.

And this is how transformation begins. This is how you start to Uplevel Your Life.

Rarely does deep transformation happen because of our mind – or our "shoulds."

How to Choose Your Word

So, if I know you at all, then I'm betting that that ol' quickstart brain of yours has already started shouting out words and getting you hyped up like a sugar high!

That's awesome.

But before you call the tattoo parlor, give me just one more moment here, okay?

When it comes to choosing your Word-of-the-Year, there's this great feeling that happens when the word just "locks in" and you know it's right.

It's a little scary.

And a little perfect.

I want you to experience that.

So, take some time to thoroughly absorb the following five guidelines for choosing your Word-of-the-Year:

GUIDELINE

1

Choose ONE WORD.

It's called "Word-of-the-Year."

Not "Words-of-the-Year."

Why do I have to point this out?

Because I know you! And I know what you're thinking!

You're thinking, "Gosh Christine. I just can't possibly contain this huge spirit of mine into one tiny word like that. I need at least three!"

And that's why you're so stuck.

Because when you try to focus on three different things, you get splattered. And what happens is that you can't go very deep with any of them. And then you get nowhere. And you spend the year making excuses and telling people that same old story about how very huge your spirit is and how you just can't get settled on one thing.

So, you've tried it your way. Now, let's try it another way, shall we?

PICK. ONE. FREAKING. WORD.

2

Be AUTHENTIC no matter what!

Allow yourself to shine through in your word. Let it be totally you. This might be a little scary, and sort of surprising. *“Really? **That** is my word? Really??”*

For many years, the Words of the Year I chose were generic. “Creativity.” “Power.” “Clarity.”

Then, I realized that I needed to take some huge strides in a different direction in my business. Til then, I had followed the typical industry advice, doing the same ol’ same ol’ path as everyone else. I was burnt out and bored.

As the New Year arrived, the word “Pioneer” popped into my head.

“Pioneer?” I thought. “You can’t choose *that* word! That’s a *dumb* word!”

And yet, it felt *so* real. I knew I needed to pull away from the beaten path if my life was to have meaning. That year propelled me forward unlike any other.

THAT is the value of tapping into your authenticity!

When the word you choose is authentically *you* – then you’ll be continually surprised at what it teaches you throughout the year!

If this is your very first year choosing a word, be willing to be imperfect about it. This practice gets better and better each year you do it!

3

Let your word amplify your Awareness.

“I chose ‘Wealth’ – and it didn’t happen yet! What’s up with that?”

Does this sound like something you’d say?

If so, it probably means that you have the slightest bit of a challenge with letting things evolve and unfold. (Another way to word this is that you’re a major control freak.)

So, here’s the thing.

Your “Word of the Year” is not microwaveable. (Choose the word, set a timer, and “bing!” – you manifest!)

Your word is meant to teach you about you. It will often teach you about how you *block* your attraction and thwart your creative powers. It sometimes teaches you in paradox.

Awareness is key. This means that everything in your life can be a teacher – including your own reactions to the things.

Remember this:

Intention can’t not work. When something arises that tempts you to say, “See? It’s not working!” that is your call for a higher state of awareness.

GUIDELINE **4** Commit to Clarity

Imagine a special night out with your partner. You go to your favorite restaurant. You sit down at the table, read over your menu, and when the waiter arrives, you order the Poached Salmon. (If you’re vegan, you order the Poached Tofu. Which, come to think of it, would be awful.)

Off the waiter goes to let the kitchen know!

About five minutes later you think, “Nah. I’m not into Poached. They’ll never do it right.” You call the waiter over and order the Scallops Provencal.

The waiter runs to the kitchen – slightly harried – and changes your order.

As you silently gaze into the eyes of your lover, and the candlelight soothes your mind, you think...

“Pasta! That’s it! I want pasta!”

You call the waiter back, cancel your order again and ask for a menu to check out the pasta dishes. The waiter rushes to the kitchen to cancel your order yet again!

Get the point?

When you are unclear, the kitchen (or the Universe or your subconscious or whatever) can’t create the outcomes you desire.

Your clarity is such a key element to attracting and manifesting that this Word-of-the-Year Discovery Tool is designed solely for the purpose of getting you 100% clear about your *what* (the word) and your *why* (your motivation).

GUIDELINE

5

Don't worry about the HOW.

Clarity doesn't mean you have to know the *how*.

(You don't go to the kitchen of the restaurant to make sure they're using the kind of Poacher recommended by Emeril. You just know that you ask for "Poached," and it'll be Poached!)

In other words...

Do not micromanage your *how*.

This will only lead to frustration. Perhaps the biggest lesson of this Word-of-the-Year practice is the beautiful balance of letting go of the *how*, while still taking action and saying yes to opportunities that present themselves.

Your job is Clarity. That's all. And that's where this worksheet comes in handy.

Either in your journal, or in the space provided below, take some quiet time to fill in the answers below. This worksheet is designed to get you supremely clear so that you can be a manifesting fool, my friend.

Idea Generator List

Many people know immediately which word resonates with them. For others, a little contemplation is required.

So, here is your very own idea generator list of possible words you could choose. As you read through them, see if one stands out for you. It's tempting to choose four or five, believing that you can do it all! (Or that you're too messed up to narrow your flaws down to one helpful word!) I recommend that if you can't choose just one, narrow it down to no more than three.

One is ideal. It gives you focus. If you master that one word, you can choose another one in June.



YOUR
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PART **1**

Intention and Clarity: Know Your “WHY”

Write the word (or words) you are considering for the coming year:

Why do you think this is the perfect word for you this year? (If you chose more than one, answer for each word.)

If you embodied this word daily, what would be different for you?

In what ways do you already live/embody this word?

In what ways do you not live/embody this word?

If you were to LIVE this word daily throughout the year, how would your life be different one year from today?

What would you have created/manifested/attracted? List ten of them here...

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

PART **2**

Awareness & Elimination: Know Your Triggers

List three things that trigger you to “shrink” or to run in the opposite direction of your WHY (and your Word). Be specific.

(Example: If you chose “Wealth” as your word, you may realize that one of your triggers is shame. You compare yourself to wealthy friends – and then you shame yourself as a kneejerk reaction. This keeps you stuck in one pattern over and over again.)

Trigger #1:

Trigger #2:

Trigger #3:

What old patterns or Default Settings have kept you from living this word until now?

(Note: “Default Setting” is one of the core lessons in my Uplevel Your Life® Mastery Program. In the same way your computer will open a particular email program when you click a link on the web (it asks you if you would like to set this program up as your “default program” when you install the program) – we each have “Default Settings.” These are patterns and “settings” that we’ve ALWAYS reacted with. It’s where we go “by default” – when we aren’t living with awareness. Awareness is the key to allowing your word-of-the-year to expand you.)

List at least five new proactive habits or practices you can incorporate into your life as a means of supporting you in embracing this word more fully.

1 _____

2 _____

3 _____

4 _____

5 _____

PART **3**

Dream Big: Know Your Vision

List at least five goals – big or small – that you’d like to accomplish this year, based on the word you are choosing.

1 _____

2 _____

3 _____

4 _____

5 _____

FINAL NOTE FROM
Christine...

You did it! You rock!

If you took the time to contemplate and write out these answers, then you are already creating new outcomes.

How do I know?

Well, I've been coaching and teaching people how to Uplevel their lives since 2001 – and I know that when someone takes the time to focus on her dreams, get clear on what obstacles she faces, and then create some simple habits – she becomes unstoppable.

There's just one more thing I want you to do...

Can you think of a trusted friend or family member?

Well, I want you to share this tool with that person.

You can send it to them directly.

Or you can share this link, and they can download it themselves ⇨ [LINK](#)

Encourage them to do the worksheet.

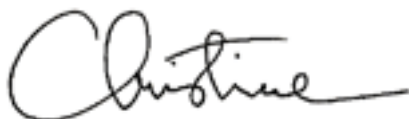
And then, carve out some time to share your answers with each other. Read your answers aloud over the phone or in person or on a Skype call.

That may sound strange. But your voice is a tool. And when you say your intentions out loud, then you increase your connection to them. And when you get a partner, you can encourage each other and check in throughout the year.

Trust me. It works.

Let me know how it goes. I'd love to hear about all the things you create and attract in the coming year!

Love,



Christine Kane AND THE Uplevel Your Life MASTERY PROGRAM

"My client load has more than quadrupled (not to mention my income!)"



(I'm in the consulting world so I've experienced LOTS of coaches.) To work with Christine in person and get her high voltage high level of attention, passion, and authenticity - is to literally Uplevel instantly!

My life has gone from reaction-based confusion to on-purpose creation. My client load has more than quadrupled (not to mention my income!) since I began applying the tools that Christine will hand over to you in these three amazing days together! If you choose to go to this retreat - you're choosing to Uplevel. You won't recognize yourself or your business within weeks after this event! (Oh yea - and I'll see you there!)

Elaine Bailey, Consultant-Coach-Mentor
WorkBrilliant Coaching Solutions
elainebaileyinternational.com

"Christine has connected me with the deepest parts of my Self, made confusing things simple and made impossible tasks possible!"

I'm a late bloomer, and I know now that I was born to be an entrepreneur! Because I come from a healing background, building a business has entailed a steep learning curve. I've been all over the place trying to model the teachings of successful people who operate much differently than I do, which left me feeling frustrated, disempowered, and not able to generate the kind of business that I dreamed of.

It's a profound ache to have a gift, a dream or a longing and not be able to realize it. But to discover the teacher, mentor, guide who can help you actualize and BECOME who you came here to be - and put that out in the world in a way that supports you and others - is the ultimate gift!

I was lucky to discover Christine Kane. Imagine having a brilliant, creative, laser-sharp business coach embodied in this accessible, quirky, hilariously funny, plain-talking, direct and supportive girlfriend who figuratively holds your hand to walk you through the steps of building a business (and she knows her business!) - who will NEVER give up on you!

With my years of perspective, I know that Christine Kane is more than a business coach - she's a healer and her medium is guiding you through the process of building your business, which is a manifestation of your authentic self. (Plus she always provides top-notch materials in various mediums so that you can connect regardless of your preferred learning style!)

Christine has connected me with the deepest parts of my Self, made confusing things simple and made impossible tasks possible.

Wherever you are in your process of creating a business -- I hope for your sake that you do what it takes to work with Christine! Your work and your life will transform!

Lisa Zimmerman
SoulLevelSolutions.com

"Christine has a way of getting better, clearer and (dare I say it?) more soulful results out of me than I ever imagined possible!"



Christine gets better, clearer, and (dare I say it?) more soulful results out of me than I ever imagined possible!

I'm happy to say that I'm already a successful entrepreneur, running my own seven-figure company for years now. However, working with Christine Kane has UPLEVELED me! Christine has a way of honing in to see any challenge at EVERY level -

and then getting better, clearer and (dare I say it?) more soulful results out of me than I ever imagined possible! And she can do this with a just a few easy-to-follow tweaks, a load of creative ideas, and some serious intuition.

(PLUS, Christine can kick your butt and love you to pieces all at the same time! Isn't that what we all need in a business coach?)

Lisa Larter
lisalarter.com

"Janelle lost 50 pounds, regained her health, started a business and wrote a novel...!"



When I began Christine's Uplevel Your Life Mastery Program, I had just been diagnosed with celiac disease, an autoimmune disease, and multiple food allergies. I was struggling with my health, my job, my stress, and my overwhelm. I knew that I didn't love life, and I wanted to find out WHY and what I could do to turn it all around.

During Uplevel Your Life, I learned how to think about my life, and how my thinking could change everything about who I was and wanted to become. I learned concrete action steps to take to start feeling better emotionally, and start cleaning up all the things that bothered me about who I was (my work, my clutter, my health). I learned

how to focus on what really mattered, and that miracles could happen in my life.

Since Uplevel Your Life, I've lost 50 pounds without stepping on a scale, counting a calorie, or berating myself and my body. I regained the health that I once thought I had lost. I have transformed my work life and opened up my own business. I finished a novel. I cleaned tons of clutter out of my office and my home. I follow a process that WORKS whenever I feel emotionally upset. I have experienced incredible spiritual growth. Uplevel Your Life really works and it keeps on working! I am amazed at where I am today, and so very thankful. Thank you Christine!

Janelle Holden
President & Founder
The Gluten Free Life Coach
janelleholden.com

"I got magic and miracles, unexpected income came from all over the place, and I took myself to a whole new level of personal and professional success, satisfaction, and achievement."



I took Christine Kane's Uplevel Your Life program and expected to get results. Boy, was I wrong. I didn't get results - I got magic and miracles, unexpected income came from all over the place, and I took myself to a whole new level of personal and professional success, satisfaction, and achievement.

I am a small business owner. I run AHA Creative Strategies, a boutique PR agency with my husband (which has its own set of rewards and challenges). I took the program seriously. I had been reading Christine's blog for sometime and realized that this was an opportunity for me to

Uplevel my life. I actively listened, I did the work, I participated and I engaged. And it worked. It really, really worked.

It is now six months later. Our revenue has increased substantially (our revenue doubled in the last quarter of 2010 over 2009), we have high profile clients that provide us with the budget and information that we need to do our jobs (and they are all people that we love to work with!), our phone rings regularly with new business, and we have found a groove in our work that we haven't had in the more than seven years since we started AHA.

My husband and I are having more fun at work and at life, our business is thriving and we have attracted several new people into our lives as friends that are positive, caring, considerate people that we love to spend time with (as opposed to some of the people we were hanging out with before that really sucked the life out of us!).

Uplevel Your Life really did that for me. I can't remember when things have been this good. By applying and reapplying the principles I learned in Uplevel Your Life, I am moving forward and growing each day. I am being creative, conscious and courageous.

I am now listening to Uplevel Your Life for the third time and am finding new things to work on and get excited about.

Thank you Christine for this wonderful opportunity!

Of course, my next goal is to continue my work with Christine in another form. Given the tools I learned in Uplevel Your Life, I am confident that this will become a reality in the near future.

Ruth Atherley
ahacreative.com
Vancouver, BC