

# The Wise Pineapple

## Pineapple Pro Tips – Juicy Action Words



Thanks for tuning into my first *Sweet 60*, sixty seconds to reach your Sweet Results! In Jon Gordon's book, "One Word," he shares how most New Year's resolutions fail, yet while choosing only ONE WORD to guide you, helps to keep you focused and motivated—all year long!

My one word is GROWTH! Growth in my career, my health, community outreach, and helping YOU grow! Here are some *juicy*, action words to help you decide what your ONE WORD will be to help you reach your Sweet Results!

## WORD OF THE YEAR IDEAS

ABSOLVE	BLOOM	CREATION	EXPLORE	HAPPY
ABUNDANCE	BOLD	CREATIVE	FAITH	HARMONY
ABUNDANT	BOSS	CREATIVITY	FAMILY	HEAL
ACCEPT	BOUNCE	CULTIVATE	FAST	HEALTH
ACCEPTANCE	BOUNDARIES	DAUGHTER	FAVORITE	HEART
ACHIEVE	BOUNTY	DECLUTTER	FEARLESS	HERE
ACT	BRAVE	DECREASE	FINISH	HIGHER
ACTION	BREATHE	DEDICATE	FITNESS	HOME
ADAPT	BRIDGE	DEDICATION	FLOURISH	HONEST
ADD	BRIGHT	DELIBERATE	FLOW	HONESTY
ADVANCE	BUILD	DELIGHT	FLY	HOPE
ADVENTURE	CALM	DETERMINATION	FOCUS	HUMBLE
ALIGN	CAPTURE	DEVOTE	FORGIVE	HUSTLE
ALIGNMENT	CARE	DILIGENCE	FORWARD	IMAGINATION
ALIVE	CARING	DIRECTION	FOSTER	IMAGINE
ALLOW	CELEBRATE	DISCIPLINE	FOUNDATION	IMMERSE
AMAZING	CENTRE	DREAM	FREE	IMPROVE
AMBIITION	CHALLENGE	EASE	FREEDOM	IMPROVEMENT
ANCHOR	CHANGE	EDUCATION	FRIEND	INCREASE
APPRECIATE	CHARISMA	ELEVATE	FRIENDS	INDULGE
ARTICULATE	CHASE	ELEVATION	FULFIL	INSPIRATION
ASCEND	CLEAR	EMBODY	FULFILLING	INSPIRE
ATTENTION	COMFORT	EMBRACE	FUN	INTEGRITY
AWAKE	COMMIT	EMERGE	FUTURE	INTENT
AWAKEN	COMMITTED	ENCOURAGE	GENEROSITY	INTENTION
AWE	COMMUNICATE	ENERGY	GENEROUS	INTENTIONAL
AWESOME	COMPASSION	ENJOY	GENTLE	INTIMACY
BALANCE	COMPLETE	ENLIGHTEN	GENTLY	INTIMATE
BALANCED	COMPLETION	ENOUGH	GIVE	INTUITION
BE	COMPOSE	ENTHUSIASM	GLORIOUS	JOURNEY
BEAUTIFUL	COMPROMISE	ENTHUSIASTIC	GLOW	JOY
BEAUTY	CONFIDENCE	ENVIRONMENT	GO	JUMP
BEGIN	CONNECT	ESCALATE	GOALS	KIND
BEHOLD	CONNECTION	EXAMINE	GRACE	KINDNESS
BELIEVE	CONSCIOUS	EXCITE	GRACIOUS	LAUGH
BELONG	CONSISTENCY	EXCITEMENT	GRATITUDE	LAUGHTER
BEST	CONSISTENT	EXPAND	GROUNDED	LEAD
BETTER	CONTRIBUTE	EXPANSION	GROW	LEARN
BIG	COURAGE	EXPERIENCE	GROWTH	LESS
BLISS	CREATE	EXPLORATION	HABIT	LIFE

Let's create a Sweet New Year!

Christine Trippi

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