



One Little Word

Description



image via [Ali Edwards](#)

Designer and scrapbook guru, Ali Edwards, offers an on-line class at [Big Picture Scrapbooking](#) called One Little Word. The premise of the class is to choose a word that represents something you'd like to have more of in your life. You shouldn't over analyze your choice of words, but just let yourself be open to whatever word comes to mind. After you've chosen a word, Ali gives you little assignments each month for a full year. The prompts might be writing exercises about your word or collecting images to create a visual picture of your word. I love words and scrapbooking so I was naturally drawn to this class. I also enjoy journaling and analyzing things (a little too much).

You don't have to be a scrapbook maven to participate in this class. There are very few materials required and really you can customize it to fit your needs. You will have created a journal at the end of the year which includes pictures and some scrapbooking techniques if you so desire. I started off 2012 gung ho, but by May I started to fall behind on my assignments. I therefore have a partially completed One Little Word journal which seems to be the story with most of my scrapbooks. My word for 2012 was FLOW. To allow things to flow freely in my life instead of always fighting against the current or trying to fit a square peg in a round hole and then becoming frustrated. I like to over analyze and to feel a sense of control over things. In the beginning I noticed the word flow popping up in things I'd read. I started becoming more aware of when I was trying too hard at things and made a conscious effort to let things flow. As I mentioned before, I only completed half of my assignments. Instead of being hard on myself for not completing all of the assignments, I've chosen to look at the experience differently. I feel like the last half of 2012 I've actually put the word flow into practice. I still have a long way to go in terms of being considered "laid back", but I find things run a lot smoother when I go with the flow and put worry and fear aside. I've decided my word for 2013 is faith. It's something I need a little more of in my life. What word is calling your name?

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