

By not trying we throw away the chance of an immense good; by not succeeding we only incur the loss of a little human labor.

Francis Bacon
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My One Little Word for 2015

Description

One little word can have so much power and influence which is why every year for the past four years I have picked a word to focus on. I came across the One Little Word idea through Ali Edwards who offers a class titled [One Little Word](#). I originally wrote about it in [this post](#). I don't participate in the class anymore, but it's a fun and creative way to do some soul-searching and Ali gives you writing prompts to journal about each month.

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Last year's word was [RECEIVE](#) and oddly enough this year the word that came to mind was **RELEASE**. How's that for yin and yang? Maybe I did too much receiving in 2014. There are a lot of things I want to RELEASE this year not just things and clutter, but limiting beliefs, worry, fear and the five extra pounds I gained over Christmas.

I have a real problem with paper clutter. I love books and magazines and even though I spend a lot of time on Pinterest I still love to tear ideas and recipes out of magazines. The problem is half the time I can't find things and I have files overflowing with papers. I have a whole Pinterest Board filled with [Organization Ideas](#). Now I just need to read through them and find the ones that work for me. I shared some purging tips [here](#) in which I tried the bag a day approach. It didn't quite work for me, but I love

the concept of doing a little each day. I'm going to try this with my daughter and have her collect her trash at the end of each day because for some reason she doesn't seem to be able to find the trash cans in our house.

This year I also really want to work on releasing some of my photographs. I like to take pictures so I have a lot of photos on my computer, in boxes and on my phone. It's hard to keep track of it all and I want to make sure I'm preserving those memories and enjoying the best of them. Rebecca from Simple As That takes tons of beautiful photos and will be sharing tips for [one year to more organized photos](#) in a monthly blog series.

I'll be sure to share what works for me in terms of releasing things and limiting beliefs. Not everything will be successful, but there is value in trying and lessons to be learned. Everyone's journey is different, but I believe we can all learn from each other. What will your word be this year? Feel free to share in the comments.

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