

SETTING A THEME FOR THE NEW YEAR



SETTING A THEME FOR THE NEW YEAR

Now is a great time to dig deep and learn more about yourself. Try to find a quiet place so you can spend some time reflecting on the questions below. Share your honest thoughts here – there's no judgement or right answer. You are free to journal, brainstorm and doodle in this space.

What Will You Embrace This Year?

1. Have you chosen a theme for previous years? If so, what themes?

2. What theme would you like to pick for the upcoming year?

3. Who will you share this new theme with?

SETTING A THEME FOR THE NEW YEAR

Start By Knowing What You Want

1. What areas of your life have you improved in the past year?

2. How did you make these improvements?

3. What areas of your life would you like to change in the upcoming year?

SETTING A THEME FOR THE NEW YEAR

Pick A Word...Or Three!

1. What would you like your one word to be for this year?

2. Why did you choose this one word?

3. How will you live out your word over the next few months?

SETTING A THEME FOR THE NEW YEAR

Choose a Mentor to Inspire You

1. Who inspires you?

2. Why does this person inspire?

3. What can you learn from this person?

SETTING A THEME FOR THE NEW YEAR

Grow into Your Best Self: Hire a Coach

1. Who would you love to be coached by?

2. Why this coach?

3. What goal(s) would you like your coach to help you with?
