

SETTING A THEME FOR THE NEW YEAR



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What Will You Embrace This Year?

At the end of each year, my client, Janice, always made lengthy lists of New Year's resolutions. She wanted to improve her life but come February, she would abandon her list and promise that she would get around to her resolutions later. This created a cycle of guilt and shame that followed her year after year.

Finally, Janice shared her frustrations with me. That's when I shared that I don't make resolutions because they can be exhausting and overwhelming. "Instead I pick a theme for each year," I explained, "A theme is all about embracing joy and being more intentional with each year of your life."



I'm not the only one that prefers to choose a theme for the upcoming year. So do these smart women...

The Year of Creativity

Another client, Rebecca, had a good job that she enjoyed. But she wasn't feeling fulfilled and she didn't know why. She was thinking of switching careers when she went to stay with one of her girlfriends for a weekend. While there, she helped her girlfriend, a single mom, with some quick and creative renovations.

That's when she realized her life had been missing creativity. It wasn't that she wanted a different job—she just wanted more imagination in her life. Each month, she picked a hobby that allowed her the space to create.

SETTING A THEME FOR THE NEW YEAR

The Year of Yes

Shonda Rhimes, the author and television producer of some of my favorite shows like *Grey's Anatomy* and *Scandal*, didn't realize she'd been stuck in her ways until a friend asked her to do something fun. When she declined, she was told that she spent most of her time saying 'no' to opportunities.

The conversation opened her eyes and she decided to open herself to more possibilities. This sparked what she now calls her "Year of Yes". She even wrote a book about the experience. [You can find it here.](#)



The Year of Self-Care

Delaney had spent years putting herself on the back burner. It took a serious health scare to make her take a hard look at her priorities. So, she decided her theme for the upcoming year would be Self-Care. She hired a health coach to help her tackle her emotional eating and a friend helped her update her wardrobe so she felt more confident about her appearance.

There are so many different ways to set a theme for the New Year. Your theme could be about what you want to add (like creativity) or what you want to remove (like stress or emotional eating). Remember, there's no right or wrong theme. Pick one that speaks to you and lean into it!

Journal Your Thoughts

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

When it comes to choosing a theme for the upcoming year, you can start by thinking about what you want more of. If you're not sure, consider these questions about the different areas of your life.

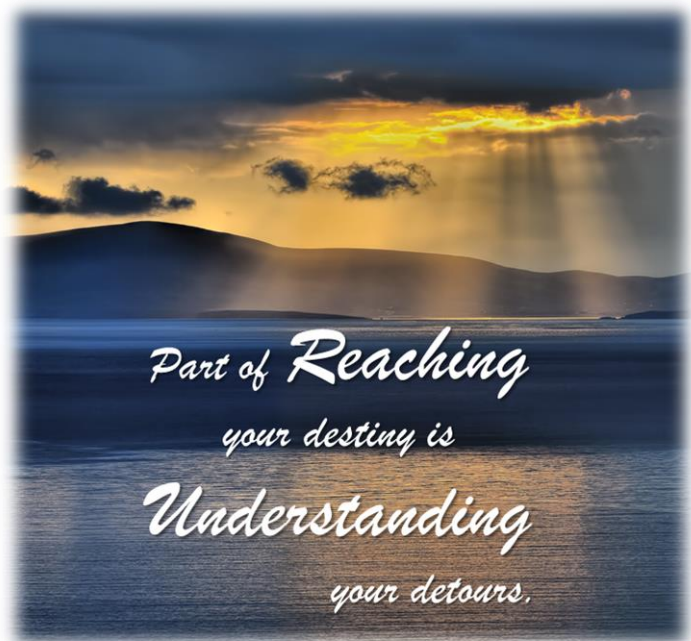
To really dig deep, rate yourself in each and decide where you'd like to see growth. Then ask yourself, "What do I want to create in these areas? What do I want to see more of? What do I want to see less of?"

Family and Friends

Are you happy in your relationships? Are you spending enough time with the people you love? Are you regularly speaking the love languages of those you care about? How would you rate your relationships overall?

Business or Career

Are you on the path toward where you want to be? Does your business or career align with your Spirit and values? For example, if you value being home and raising little ones then a career on the fast-track that has you constantly traveling isn't going to be the best alignment. How would you rate your career overall?



SETTING A THEME FOR THE NEW YEAR

Health

Do you wake up each morning energized and ready to go or do you feel sluggish, tired, and unmotivated? Are you making time to move your body each day and prepare nourishing meals? Have you sought out experts like a doctor or chiropractor for any health issues that you're experiencing? How would you rate your health overall?

Spirituality and Faith

What kind of energy are you creating in your life and in your relationships? Do you feel at peace with your Source Energy, the Universe or God Source – whatever you choose to call that Higher Power? Do you anticipate good things happening to you and for you? How are you living out the values of your spirituality in your day-to-day life? How would you rate your spirituality or faith overall?

Wealth

Are you financially stable or are you living paycheck to paycheck? Do you have a plan that makes you feel confident about where your money is going? Do you have a savings plan in place for things like retirement and college? How would you rate your wealth overall?

Achievement

What do you want to achieve? Are there goals on your achievement list that you've realized aren't important or don't belong there? What are some new achievements you'd like to add to the list? How would you rate your current level of achievements overall?



SETTING A THEME FOR THE NEW YEAR

Fun

What activities do you consider fun? Are you prioritizing them? Are you regularly taking time away for fulfilling activities that energize you? How would you rank your fun experiences overall?

Ideally, you want to rank your satisfaction with these areas of your life on a scale of 1-10. There's no right or wrong answer—if it feels like a 5 to you, then it is. If an area scores low, ask yourself why and consider what you need to change in your life.



Journal Your Thoughts

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!

So you're trying to choose a new word for the upcoming year. You want something that captures all of your hopes, dreams, and inspirations for the New Year. If you're struggling to choose a theme, it can be helpful to think of one word or phrase. Here are three reasons you might want to consider this method:

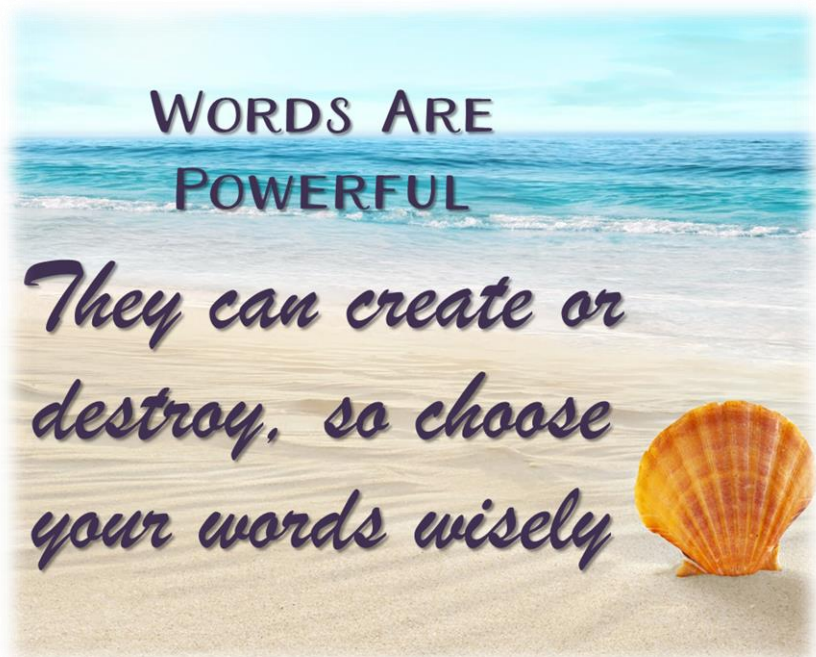
One word or phrase invites simplicity.

There's something about a brand new year that encourages you to become an overachiever. You plan to start a fitness regimen, get a new job, find love, get out of debt, eat healthy, spend more time with loved ones, go back to school, or any number of other goals.

But having just one word or phrase to guide you can simplify your resolutions. Not only does this decrease stress, it also makes it easier to focus. You're more likely to achieve big things when you're not feeling pressured to do it all.

One word or phrase challenges you to be intentional.

It's easy to think of resolutions like a dessert cart filled with cakes, candy, cookies, ice cream, and other goodies. You want one of everything, so it's easy to load up on the things you think you're supposed to want.



SETTING A THEME FOR THE NEW YEAR

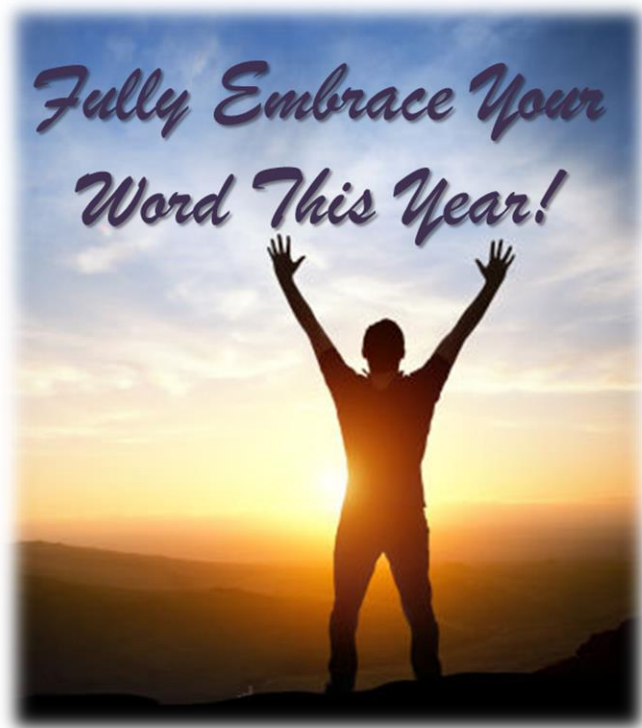
But what if you flipped the script? What if instead of trying to take a bit of everything, you just picked up one decadent dessert like a creamy cheesecake topped with a sweet cherry glaze or a slice of melt-in-your-mouth peach cobbler? What if you embraced the sweetness of now with a simple choice?

One word or phrase shifts your focus.

It's easy to fixate on what you don't like about yourself or your life. For example, if you're in a bad situation that you can't change, you may keep throwing around the word "stuck".

But choosing one word to embrace can shift your focus. What if you used the word "purpose" to remind yourself that there's a purpose for the situation you're in? Or what if you chose the phrase "this too shall pass"?

A lot of creative people enjoy choosing a single word to act as focal point.



Journal Your Thoughts

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

Picking a theme for the upcoming year is a great way to kickstart the next 365 days. But don't stop there. You also want to choose a mentor. A mentor is someone that motivates you to keep pushing yourself and upping your own game. Here's how to pick the best mentor for your upcoming year...

Who Inspires You?



Start by thinking about who regularly inspires you. Maybe it's the speaking coach that's crushing it with her products or the crafty mom who turned her blog into a thriving business that supports her family.

Why Do They Inspire You?

As you consider who might be a good mentor, ask yourself why certain people inspire you. It may be that they have something you want like a successful business, a balanced life, or a great sense of spirit. It could also be something they already are - like an artist, an entrepreneur, a speaker, or a novelist.

Getting clear on why someone inspires you is important. Once you know, you'll understand yourself better and what it is you want to create more of in your own life.

SETTING A THEME FOR THE NEW YEAR

How Can You Learn from This Mentor?

You can begin learning from your mentor right away. Read her blog and sign up for updates. Join her community and take notes on the nuggets of wisdom that capture your interest.

Follow her on social media and check in on her profile a couple of times a week.

Study what works for your mentor and what doesn't. Pay attention to how she structures her time and uses her energy. Note her goals and see how she reaches them and what she tools she uses along the way.

How Will You Engage with Your Mentor?

As you're learning from your mentor and soaking up her wisdom, be sure to engage with her. Comment on Facebook and let her know how much you appreciate her sharing her journey.

Look for ways to hang out with her, whether online or in a virtual space. Sign up for her webinars or trainings. Watch her livestreams on Facebook. Finding a mentor doesn't have to be hard or complicated. In fact, there are probably one or two folks that you already admire and can learn a lot from!

*Choose a mentor
that's aligned
with your Spirit
and values.*



Journal Your Thoughts

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

Growing into your best self isn't always easy. It usually requires hard work and discipline. That's why having a coach by your side can be so helpful. You have someone that understands what you're doing and pushes you to achieve your goals. But before you hire the first coach you meet, keep these four tips in mind:

Consider a Specialty Coach

There are many kinds of coaches and often, a coach will specialize in an area like spirituality, health, business, or relationships. The advantage of choosing a specialty coach is that she spends most of her time serving people just like you. This means she'll already know the best tools and methods for helping you achieve your goals.



*Pick a Coach
to Help You
Bloom.*

However, it's important that you don't try to change your whole life by taking on 15 different specialty coaches. You're likely to be overwhelmed. Instead, pick one area of your life that you want to change this upcoming year and focus on that.

SETTING A THEME FOR THE NEW YEAR

Know What You Want to Tackle

What is that one goal that if you achieved it, your whole life would improve? Maybe it's your finances or your health or your marriage. Whatever that area is, think about what you want to accomplish.

If you want to change your finances, maybe your big goal is getting out of debt and creating an emergency fund. If it's your health, maybe your big goal is to move from consuming highly-processed foods to eating organic foods that nourish your body.

Remember, your coach can't create a goal for you. She can help you refine your goal so it fits with your values and honors who you are. But you're likely to get more out of your coaching sessions if you already know your destination.

Take Your Time

Don't rush to hire a coach just because another year is starting. Choosing the wrong coach is like buying a pair of shoes that are too small. Yes, you can still get where you want to go but the journey will be painful and kind of miserable.

You want to take your time and choose a coach that's a great fit for you. A coaching relationship should stretch you a little (just like those new heels) but it should be a fun experience that fills you with confidence!

Get A Coach Who Asks Hard Questions

Make sure you find a coach who challenges you. A good coach doesn't just give you the tools to succeed. She also mines deeper, looking for hidden mindset issues that are holding you hostage and keeping you from accomplishing your goals.



SETTING A THEME FOR THE NEW YEAR

You also want a coach who won't let you off the hook or accept your excuses. You want someone that's going to make you accountable and follow up with you on how your progress is going.

When it comes to choosing a coach, don't settle. Keep searching until you find a coach that you really connect with, who shares your spirit and values, and that challenges you to be the best version of yourself.

Journal Your Thoughts

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?