

*Here is a template you can use to develop your personal theme for 2019, and a story about one of my themes from several years ago.*

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## What's Your Theme?

### **Boldness**

I declared that one word my theme a few years ago. Interesting impact! In fact, whenever I've created a theme, whether it coincides with the beginning of a new year or with a certain project on which I'm working, it *always* has an impact. This one —BOLDNESS— declared itself so, the word on display at my desk inside a picture frame. It weaved its way into my days and into my mind. Very often, as I made decisions during the year, it invited me to go for it, rather than play it safe.

There have been times I've kept my theme to myself, almost as a personal secret. Other times, I've told as many people who would listen, like a few years ago. It sort of went with being bold!

### **Formats You Can Use**

Here are six possible formats you can use to develop your personal theme for 2019 or any time you want to declare it a new year. See which one triggers the phrase that will inspire *you*.

#### **Format #1: One Word**

- Think of a quality you would like to embody: *Boldness, Confidence, Persistence*
- Or a certain area which you want to emphasize: *Connection, Fun, Impact*

What is your one word?

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#### **Format #2: Insert an adverb.**

*The year of living spontaneously. The year of living healthfully. The year of living gratefully.*

The year of living \_\_\_\_\_

#### **Format #3: Use an "I am" phrase that expresses an intention or attitude.**

*I am willing to listen. I am flexible. I am curious.*

I am \_\_\_\_\_

**Format #4: A mantra, slogan, or other short phrase that is easy to remember, motivates you, or relates to a goal:**

*Believe, Make It Happen, No Limits, Alive and Green, Now or Never, Focused Not Fearful, Show Me the Money, Physically & Fiscally Fit, I'm On My Way, Think Like A Leader, Going Places.*

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**Format #5: Use a bridge phrase to express a stretch — something you are growing into or trying on:**

*I'm learning to... I'm open to the possibility that... I'm committed to...*

I'm \_\_\_\_\_

**Format #6: The Year I...**

Fast forward to next year and picture yourself describing 2019 as the past year. **“2019? That was the year I...”** It might be something that’s clearly visible, such as: *The year I bought my new home*, or *The year I accepted a new job*. Or, it may have to do with a significant change in direction: *The year I got serious about fitness*. *The year I uncapped my income potential*. *The year I became a gardener (author, athlete, leader, speaker, artist, dancer)*. *The year I discovered my new career direction*.

**If it could be anything, what would it be?**

The year I \_\_\_\_\_

**What's Your Theme?**

The theme or mantra that is most effective is the one that holds specific meaning for you. It is *your personal theme*, meant to inspire and remind you. Post it where you can see it. Once you declare your theme, it will take on a life of its own!

*I'd love to hear what you come up with! Feel free to share it with me by writing to: [info@inthecurrent.com](mailto:info@inthecurrent.com)*