

# Building My Yearly Theme

Thinking about your future is the best way to self-tune and head in the right direction. A yearly theme is a great way to bring into focus all the great things you want in the year ahead. This week, you will draw from your past, see the present, focus on where you want to be, and create your yearly theme.

What do you need to focus on this coming year? Use each of the areas below to identify things you want to improve, make progress on, stop, start, or put your energy toward.

## FOCUS AREAS

### PERSONAL

Health

Gratitude

Mindfulness

### PROFESSIONAL

Success

Productivity

Innovation

### SOCIAL

Family

Friends

Community

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Now that you've thought about your focus areas, consider how they fit into the bigger picture for the year ahead.

**How will you improve yourself in 2020?**

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**What would it look like if 2020 went perfectly?**

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**What do you want to leave behind next year?**

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When you wake up every morning, what is your mantra? What adjectives describe your attitude? Turn to this theme throughout the year to help you prioritize and achieve your goals.

## VISUALIZE

Fill this space with anything – words or pictures – that inspires you and represents the year ahead.

## GET SPECIFIC

Looking back over your responses on the last two pages, what are you most excited or feel strongest about? When you visualize happiness, what do you see?

Use these ideas to craft statements about how you envision the year ahead.

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## DECLARE

Take the statements from above and say them out loud to yourself. Then combine them into something that feels right – something that will motivate you and empower you in the coming year – and write it down as your yearly theme.