

Here is a template you can use to develop your personal theme for 2018, and a story about one of my themes from a few years ago.

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 2018 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?

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.

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 2018 as the past year. **“2018? 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