

Theme

Purpose:

Have a meaningful easy to remember theme to keep you on track

Guidelines:

- What is it about this year that makes it exciting?
- What specifically will be different?
- What theme matches that? Your theme can be anything; a song title, file, book
- What ground rules do you need to achieve your goals? Removing the things you're tolerating about your life, for example I am authentic all the time
- Now think about the type of person it takes to achieve the goals you've set, for example productive, effective, organised
- And how does that person behave? What are their personality/character traits? For example excited, calm, enthusiastic

Template instructions:

- Simply fill in the 4 sections using the answers to the questions above