



# **Choosing a Theme for 2007** That Excites and Ignites You!

**Free Teleclass**  
**Offered by Cheryl Miller**  
**HealthQuest, Kansas Health Policy Authority**

Thursday, January 25, 2007  
12:00 – 1:00pm CST

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## Theme #1 – What’s bugging you?

Think of something that has been bugging you and choose a theme that captures the essence of what you want more of (or less of). First, list the things that have been bugging you. Then turn each one around to something fun and pleasurable. The turnaround becomes the theme for the year. Here are a few examples to get you started.

### What Bugs You      **Becomes >>>>**      Theme for the Year

No Time for Fun	A Year of Fun and Fantasy
Couch Potato Habits	Get Up and Get Out
Many Unfinished Projects	Finish What You Start
Day-to-day Drudgery	Living My Heart's Desire
No Support System	Creative Connections
Financial Concerns	Healthy, Wealthy, and Wise
Clutter/Confusion	Decide, Do, Delegate, Dump

Now you can do a little brainstorming about possible themes. Write everything that comes to mind. Use the table on the following page “Possible Shifts” to give you some more ideas.

What Bugs You      >>>>	Possible Theme

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Here are more examples of things you might want to shift in your life. They lend themselves well to being a theme.

<b>Possible Shifts to Make this Year</b>	
<b>Old Way</b>	<b>New Way</b>
Keep everything	Choose the best
Clutch	Release
Hoard	Trust in abundance
Do it later	Do it now
Chaos	Peace and serenity
Confused	Clear
Fractured	Whole, Integrated
Tired	Energetic
Stuffed	Just right, satisfied
Closed	Open
Hopeless	Hopeful
Overspending	Responsible spending
Victim	Victor, self-empowered
Self-doubt	Confident
Hurried	Relaxed, trusting
Harried	Relaxed
Sick	Well
Sick	Self-care
Failure	Success
Stressed	Balanced, Relaxed
Pain	Pleasure
Extreme	Moderate
Disorganized	Organized
Worried	Serene, confident, trusting
Charge it	Pay cash
External Solutions	Internal Solutions
Power	Strength
Breathless	Deep breathing
Unfinished projects	Finished projects or aborted
Struggling too much	Easy Does It!

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## Theme #2 – What Excites & Ignites You?

If you prefer to create a theme around something you're really excited about achieving, look at the examples below to jumpstart your thinking.

What Excites & Ignites You	Theme for the Year
A New Job	The World is My Oyster
A New Relationship	Perfect Partner
More Balance, Less Stress	Harmony and Balance
Spiritual Growth	A Year of Gratitude
Travel/Vacation	Westward Ho

## Theme #3 – Health Themes

If you prefer to create a theme around a health issue, look at the examples below for ideas.

Health Challenges	Theme for the Year
Flabby	Fit not Fat
Overweight	Countdown to Oooh La la!
Tired	Plugged into Health & Energized
Signs of premature aging	Still got it!
Chronic Disease	I can manage it!
Poor Sleep	Sleep, Sleep Sleep

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## Theme #4 Family Themes

What you want less of . . .	Theme for the Year
Scattered, no family unity	Together, we're better!
Chaos, no routines, on the go	Life in balance
Overspending, credit card debt	Frugal can be fun
Expensive entertainment	We make our own fun
Eating lots of junk food	Healthy family, happy family
A year of crisis and loss	We are there for each other
Dominant talkers, no listeners	We love to listen

### Five things to Help you create your theme

1. Look back at the previous year – during some quiet time
  - what did you accomplish,
  - what bugged you,
  - what was missing,
  - what do you want more of...
2. Short themes captivate our mind, heart, etc. Mantra, catch phrase, slogan
3. Keep working with your theme and tweaking until it sings
4. Include words you're attracted to (nurturing, finish, sing, success, etc)
5. Look ahead to -- What is the resulting new SELF-IMAGE? (e.g., I AM someone who finishes what I start, I AM a joy container, I AM grateful. WE ARE a family who listens, WE ARE a family who enjoys frugal fun. WE ARE a family who grows together).

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# Theme Planning Worksheet

1. Look at the worksheets you filled in for Themes 1- 4. Do any themes jump off the page? Are there any that are more interesting or compelling than the others? Place a check mark by the ones that are most interesting. Then look at the ones you checked to see which of those energize and challenge you the most. Place a second check mark by those. Continue this winnowing process until you have your top theme.

Eliminate any themes that feel like a "should." Go for the theme that feels exciting – just what you want. Even if you don't know how to achieve it, be willing to go for the theme that excites and ignites you! Once you've set your intention, the "how-to" piece will be easier than you think. Having an exciting theme attracts to you what you need in order to achieve your goal.

Next, let's look at tweaking the phrasing of your theme so that it perfectly states what you want in 2007. Note which words stimulate you (renew, rest, beauty, streamline, finish, efficient, serene, active, social, healthy wealthy and wise, etc.) and build your vision from there.

Write your 2007 theme here. Keep it short like a call to action or mantra:

2. What steps or actions help you live the life your theme represents?
  
  
  
  
  
  
  
  
  
  
3. How will you feel at the end of 2007 having lived your theme? Imagine yourself feeling the feelings. Strong feelings are an amazing attraction factor.

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