
Yearly Themes & Words of the Year



**A worksheet to accompany
Inside the Writer's Soul
Podcast Episodes #9 & #10**

Picking a Yearly Theme and/or a Word of the Year

Two episodes of the Inside the Writer's Soul podcast spoke about using a Yearly Theme or a Word of the Year to provide focus, motivation, and more in your life. These worksheets can help you pick either or both.

It's highly recommended that you listen to the podcasts related to this worksheet, as they go into detail describing what a Yearly Theme and Word of the Year is, provide ideas and guidance on how to use them, and explain how both can help you.

To listen to the Yearly Theme episode, check it out here:

<https://mehvishkhan.com/yearly-themes/>

To listen to the Word of the Year episode, check it out here:

<https://mehvishkhan.com/word-of-the-year/>

Head to the next page to get started

Where You Are Now

Before you can figure out where you're going, assess where you are now in the following areas of your life. All of the below categories may not apply, so I've noted the optional categories below, but fill out all the others!

For each area, rate where you are now (1=lowest, 10=highest) & answer the following: What's not working? and What successes/wins have you had recently?

Physical Health

1 2 3 4 5 6 7 8 9 10

Mental Health

1 2 3 4 5 6 7 8 9 10

Financial Health

1 2 3 4 5 6 7 8 9 10

Career (Day Job or Other) - OPTIONAL

1 2 3 4 5 6 7 8 9 10

Career (Author-related) - OPTIONAL

1 2 3 4 5 6 7 8 9 10

Personal Growth

1 2 3 4 5 6 7 8 9 10

Community and/or Volunteer Work - OPTIONAL

1 2 3 4 5 6 7 8 9 10

Spiritual Health - OPTIONAL

1 2 3 4 5 6 7 8 9 10

Partner/Spouse Relationship - OPTIONAL

1 2 3 4 5 6 7 8 9 10

Family and/or Friend Relationships

1 2 3 4 5 6 7 8 9 10

Recreation/Travel/Hobbies/Fun

1 2 3 4 5 6 7 8 9 10

Start, Stop, Continue

GREAT JOB! Those last few pages might have been tough for you, and kudos to you for being honest with yourself about where you are now in different areas of your life. Now it's time to take a deeper dive and decide what you want MORE of in your life, what you want LESS of, and what you'd like to START. Think of it this way:

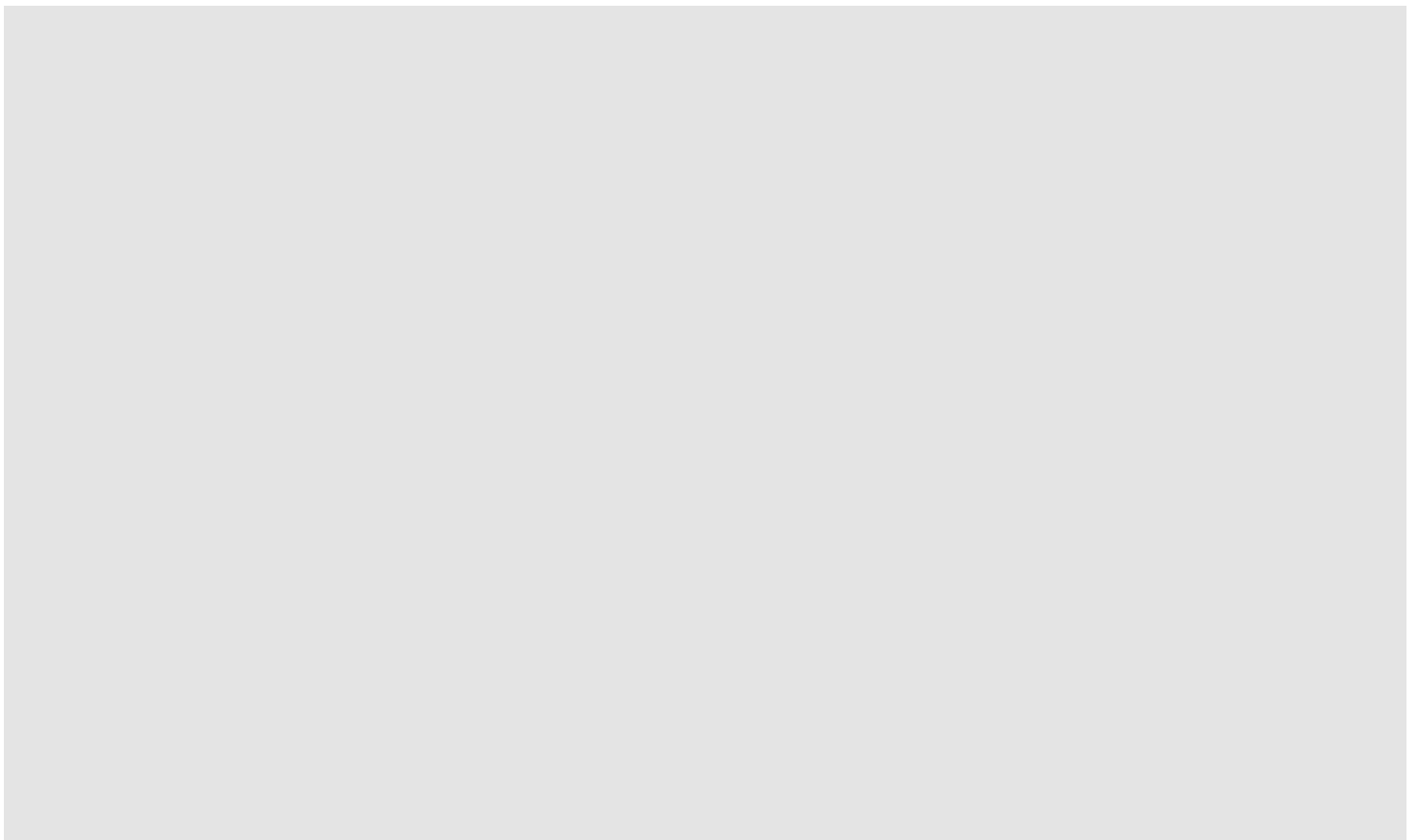
What would you like to start doing? Maybe you'd like to travel more, or spend more quality time with family.

What do you need to let go of or stop doing? Maybe you'd like to stop internalizing the negative things people say to you or about you, or let go of something that's impacting your life negatively.

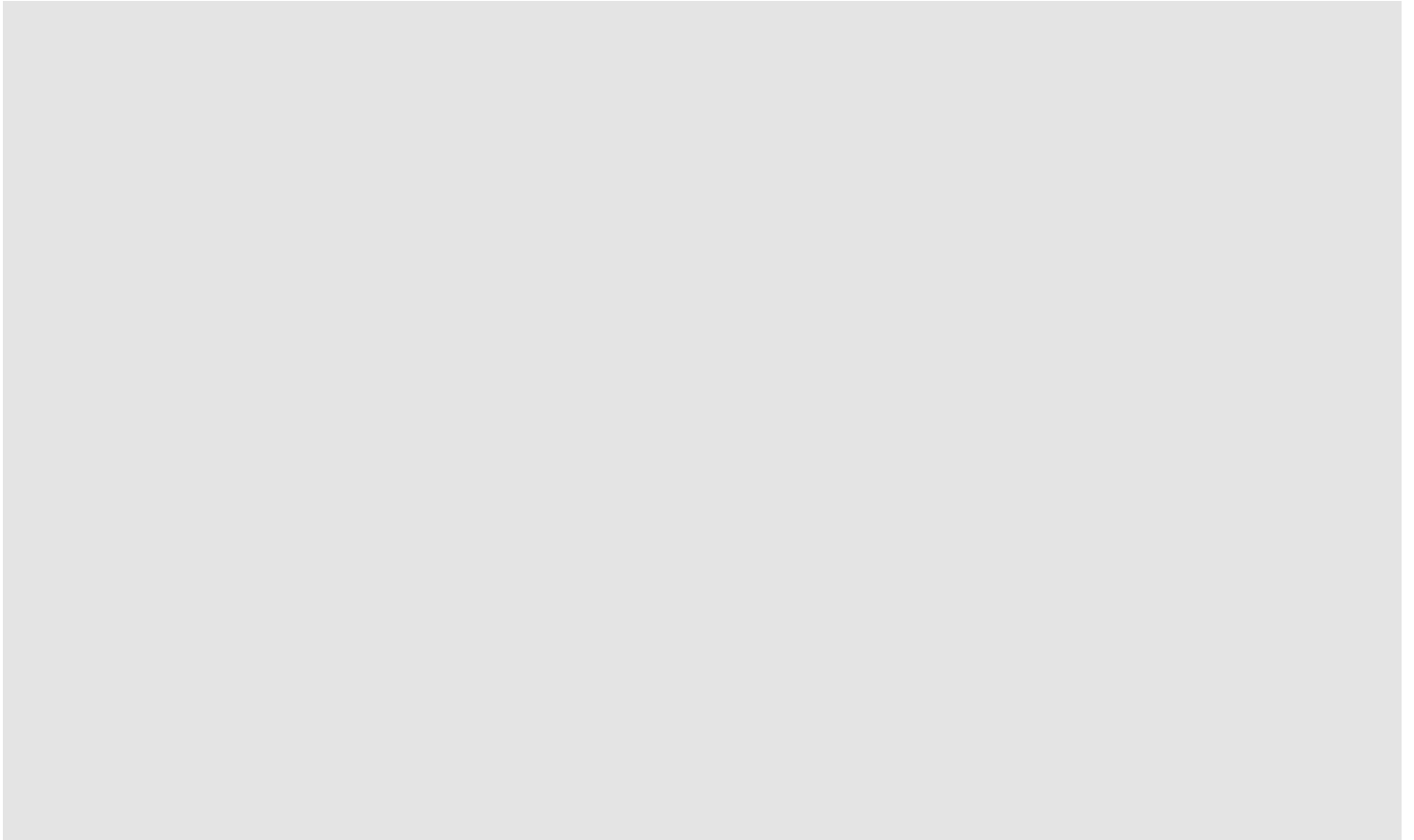
What do you want to continue doing? These could be things you are most grateful for, or positive things you'd like to keep (e.g., having a social media free weekend once a month).

These are just suggestions! Take time to decide what makes sense for YOU and your life.

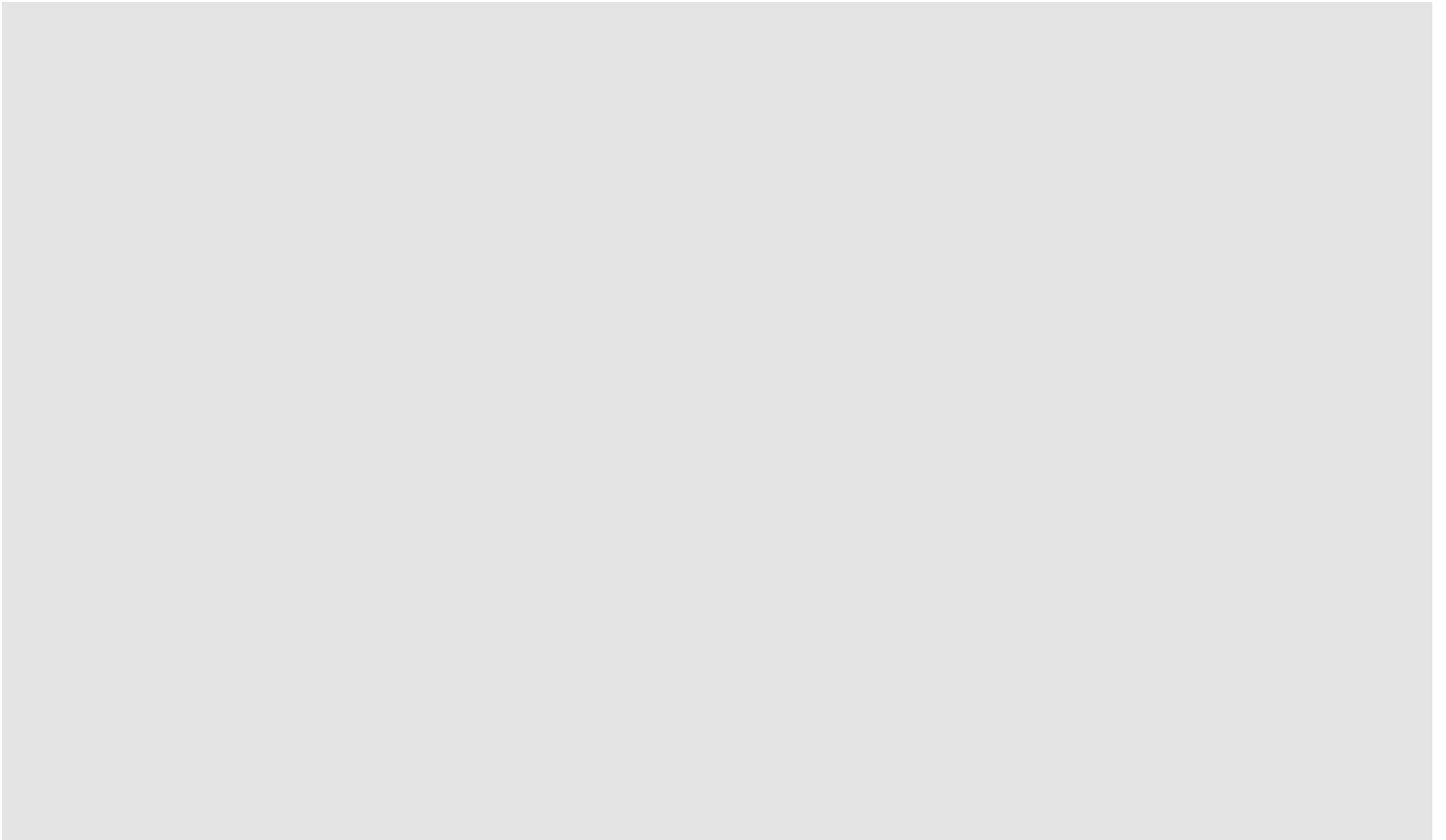
What would you like to START doing?



What do you need to let go of or STOP doing?

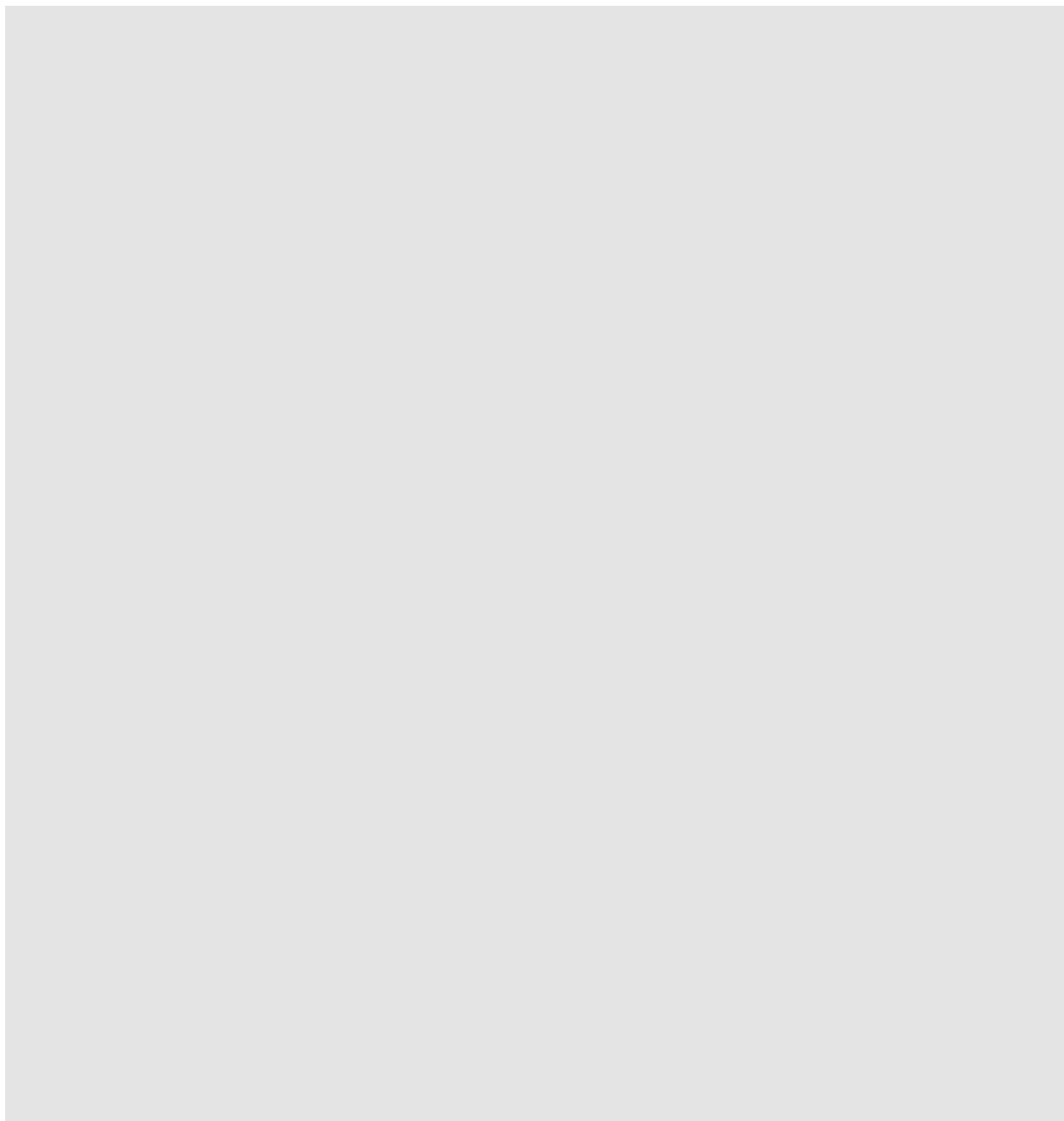


What do you want to CONTINUE doing?

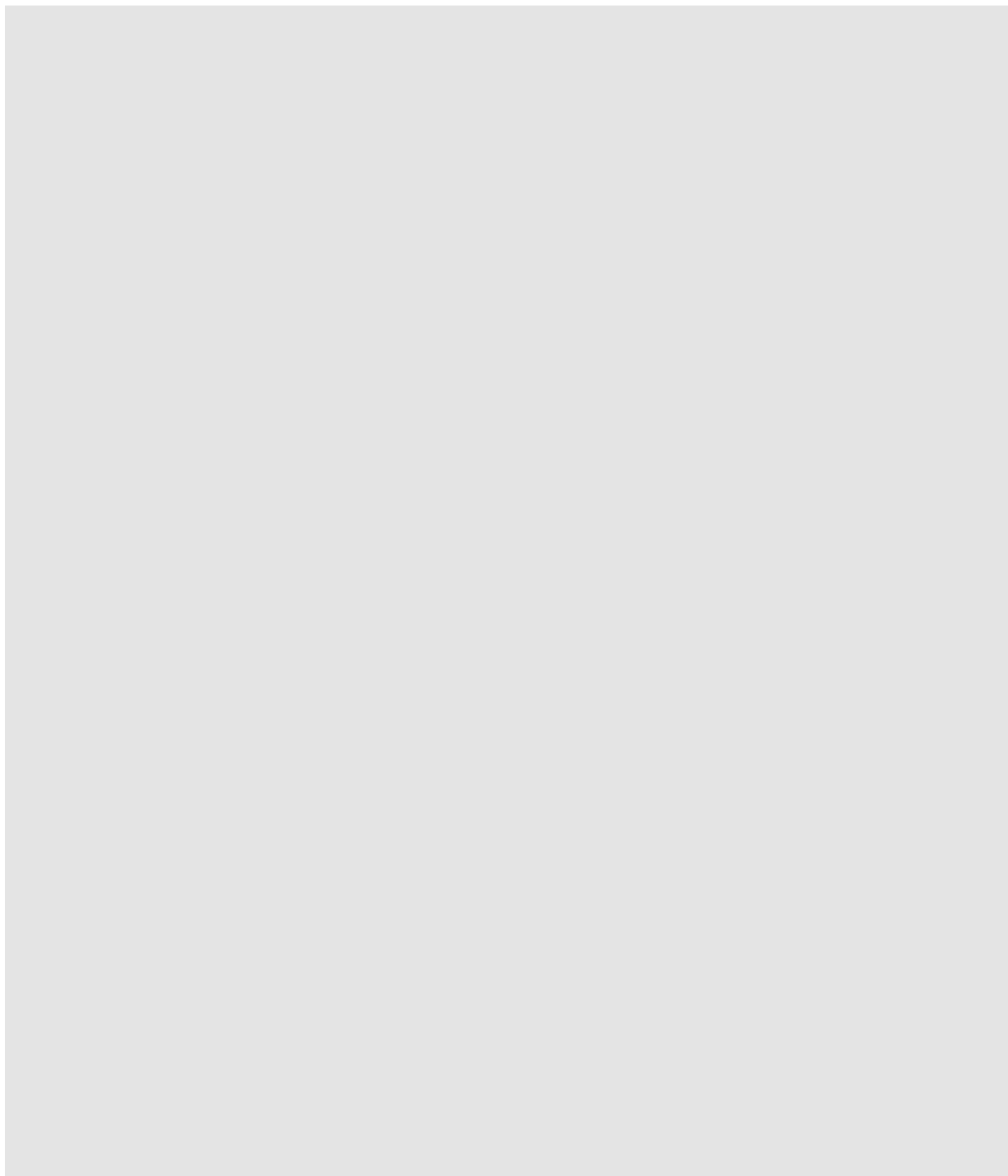


2020 Brainstorming

Brainstorm everything you'd like to see in 2020, including changes you'd like to make and projects you'd like to work on (e.g., get healthy, spend more time with friends/family, save money, write and publish a book, etc.).

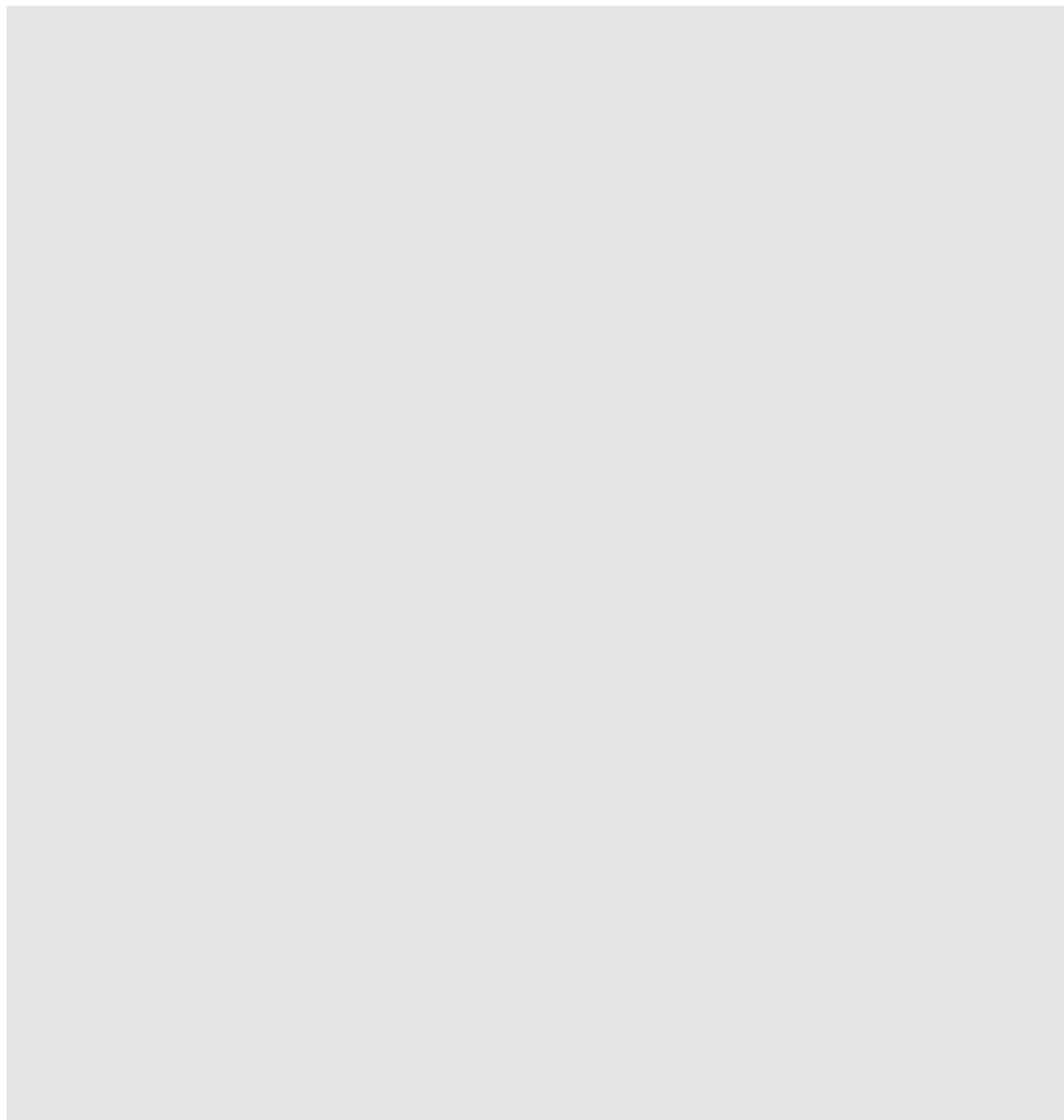


2020 Brainstorming continued



2020 Yearly Theme

Now go back through and look for themes and repeated comments or ideas. These are the things you'd like to work on most but may not realize it. Make a list of them below.



2020 Yearly Theme

Now drill down further. From the previous page, what is ONE THING you could work on that would make the most impact on your life in 2020?

YOU DID IT!

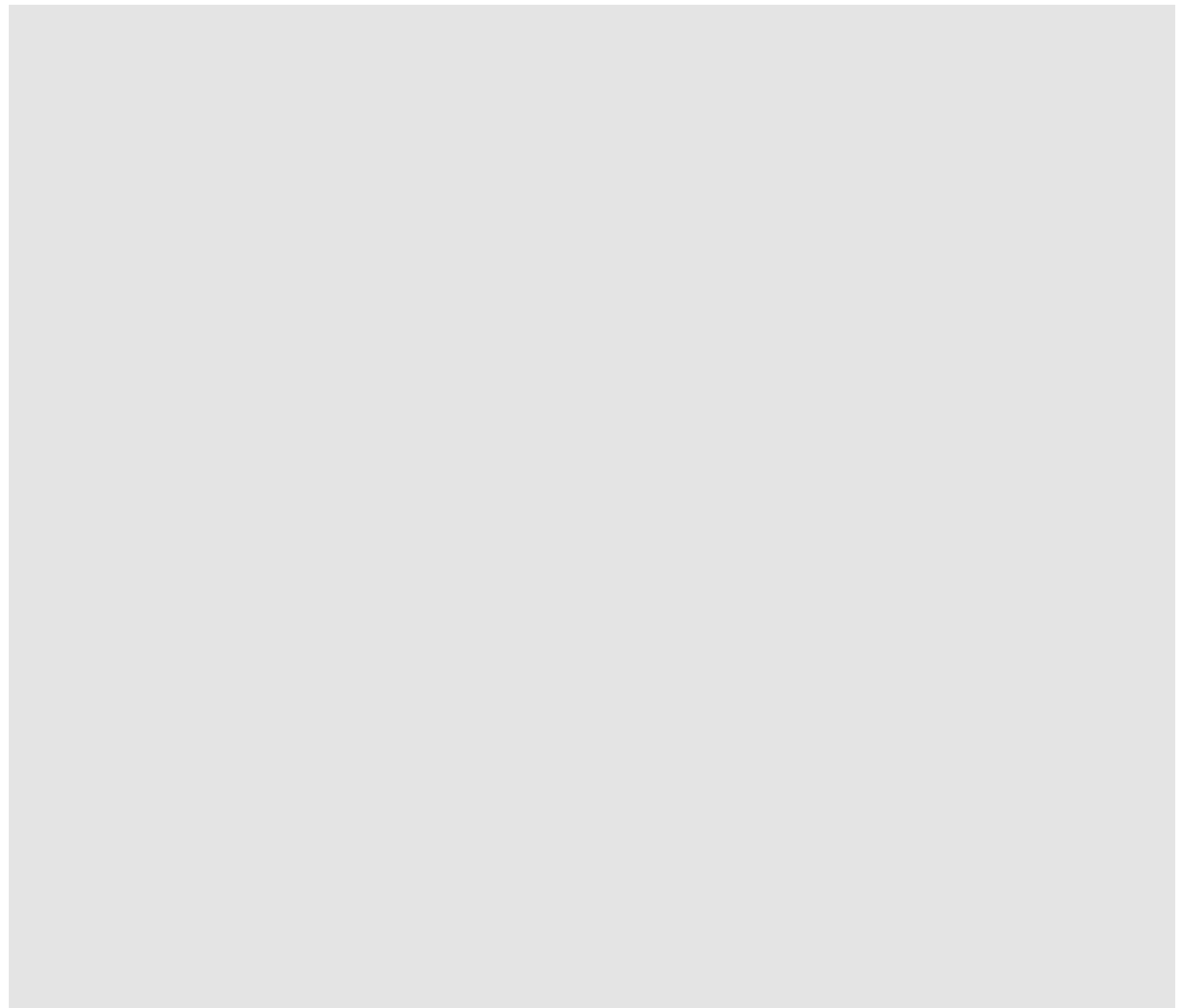
You've come up with a Yearly Theme for 2020.

If you'd like to continue and come up with a Word for the Year, do a few more exercises on the next page.

Word of the Year

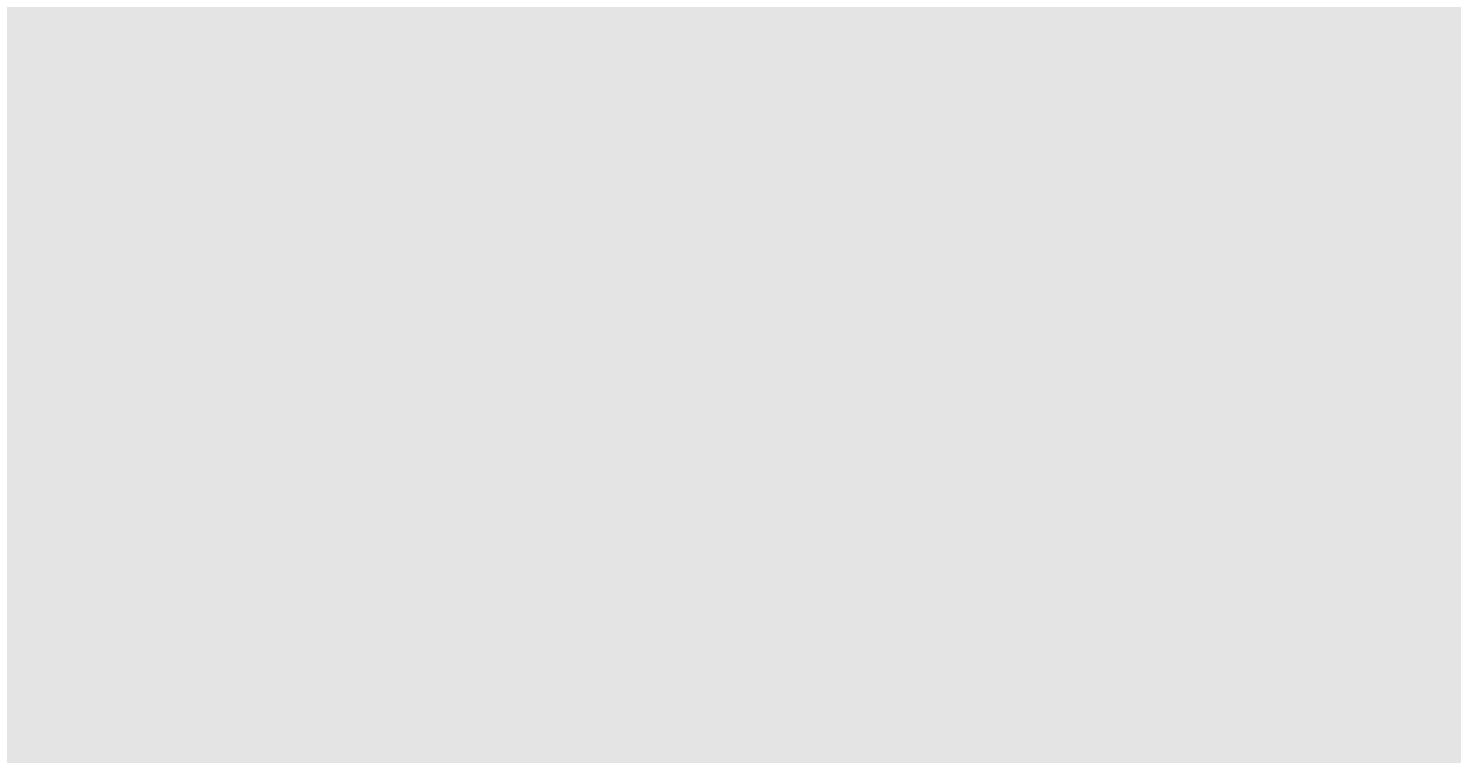
Your Word of the Year can be related or even the same as your theme (listen to the podcasts for more, as I describe how I used my theme of the year (Love My Life) to come up with my word (which was Love).

You can also choose a different word (for example, your theme may be health-related, but your word could be mindset-related). To do this, go back through the various themes you noted in the previous pages that you didn't select. Is there something else there you'd like to focus on? Make a list below of potential words and note why they resonate with you. What exactly do you want to change in your life related to these words?



Restate your Theme/Word below and note how you will incorporate each daily. Print this page out and post it some place where you'll see it each day.

YEARLY THEME



WORD OF THE YEAR

