



# The Wordsmith VA

## Setting a Theme for the New Year

It's time to dig deep and learn more about yourself. Try to find a quiet place so you can spend some time reflecting on the following questions. Share your honest thoughts here – there's no judgment or right answer. You are free to journal, brainstorm, and doodle in this workbook. Use it to help you set your personal theme for the New Year.

[Read my blog post titled \*\*What Will You Embrace This Year?\*\*](#) Then answer these questions.

1. Have you chosen a theme for previous years? If so, what were the themes?

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2. Which theme would you like to pick for the upcoming year?

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3. Who will you share this new theme with?

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[Read my blog post titled \*\*Start by Knowing What You Want.\*\*](#) Then answer these questions.

1. What areas of your life have you improved in the past year?

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2. How did you make these improvements?

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3. What areas of your life would you like to change in the upcoming year?

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[Read my blog post titled \*\*Pick a Word...or Three.\*\*](#) Then answer these questions.

1. What would you like your one word to be for this year?

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2. Why did you choose this one word?

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3. How will you live out your word over the next few months?

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[Read my blog post titled \*\*Choose a Mentor to Inspire You\*\*.](#) Then answer these questions.

1. Who inspires you?

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2. Why does this person inspire?

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3. What can you learn from this person?

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Read my [blog post titled \*\*Grow into Your Best Self – Hire a Coach.\*\*](#) Then answer these questions.

1. Who would you love to coach you?

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2. Why this coach?

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3. Which goal(s) would you like your coach to help you with?

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**Congratulations on choosing your theme for the New Year! [Share it with me!](#)**

**Did this process lead you to discover new ideas for your business?**

**The Wordsmith VA is ready to assist you!**

**Check out my [services and rates](#). Then [contact me today!](#)**

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