

CREATIVE JOURNALING FOR YOUR THEME OF THE YEAR

A Write for your Life guide



- A theme is a guide that steers your ship. It brings you into the moment and influences each decision you make.
- It can be whatever symbolises the essence of what you want: a song, colour, object, animal, sayings, word, song, feeling etc. It doesn't require you to know exactly what you want.
- **New** was my most powerful theme, I simply asked myself in the moment, 'is this new?' If it was — it was in, if it wasn't - it was out.

THE EXERCISES

Free-writing instructions - optional:

- Set a timer for five minutes - you can always write for longer if you get into the flow.
- Keep your pen moving, do not edit or look back - no grammar or spelling required.
- Go where your pen goes, trust it'll be useful - even if it's off topic.
- If emotions arise, carry on if it feels OK or write about something else and return when you're ready/have support.
- For each exercise, reflect on what you wrote, read it out loud for extra perspective.

Enjoyed / noticed / learned

Start by looking back over the past year and either tackle these one at a time or chop and change. You can do it as a list and start each sentence with, 'I enjoyed ... I noticed ... or I learned.' See if you can think of a word or two that capture the year gone by when you've finished.

Start / stop / more / less

A great coaching technique is to either populate these four headings, or just mark them against what you've already written down. Keep noting down any words, feelings or anything else that comes to mind as you're doing these exercises.

30 Words

Pick out seven or eight words from all you've written related to looking forward. Use the brilliant '30 words' to summarise what you want for the year ahead including these words. Don't overthink this, give yourself a couple of minutes to write a couple of sentences – no more than 30 words though it can be less – and see if your summary gives you your theme.

Landing on a theme is easy to identify, because you will feel it either immediately or a few weeks later, which often happens. If you'd like to join me at a workshop to create your theme (run in January and July (mid-Year review), go to Writeforyoulife.uk for more information.

Guides in the series - Creative journaling for:

Headspace	Wellbeing	Writer's block
Success	Innovation	Difficult feelings
Happiness	Creating theme	Difficult situations

Plus: Greatest prompts, Where to find prompts and Benefits (plus top tips) of journaling.

I hope you found this guide useful. For information on creative journaling courses and workshops, contact me, Claire at: Cpsdayoff@gmail.com or go to Clairepearce.uk.