



## YOUR 2018 THEME

A theme is a word that sums up one of the main experiences you want to have this year. Something that will help you achieve your goals and counteract the things that have held you back in the past. It can be related to work, business, relationships, family, health... or your life as a whole!

My previous themes have been TRUST, INTENTION and BOLD. Other people I know have had themes like CONNECTION, BEAUTY, STRENGTH, EASE, OPENNESS... you can choose any word you want. It's your word! There are no wrong answers!

### So why have a theme?

It's a really easy way to keep yourself focused for the coming year. It's one word. You can test all your actions and decisions against it – What would I do in this situation if I was in a place of TRUST? What is my INTENTION for today? Does this feel BOLD?

I've loved having themes. They've always surprised me and showed up in ways I've never imagined. I learn so much through having a theme and they shift my experience of the world in a really good way throughout the year.

### How do I set my theme?

There's an audio guide at <https://soundcloud.com/theunicornfactory/2018theme> - you can use that along with this worksheet to explore and set your theme.

You can't get your theme "wrong". The most important thing is that you pick something that feels right for you. This is your experience and you don't have to share it with anyone else.

You are welcome to listen to the theme setting meditation as many times as you want. And use the worksheet to explore ideas further. You can use the dictionary and thesaurus to explore other words related to the first ideas you have about the theme.

You can sit with a theme for a few days or weeks before making a commitment to it for the year.

If you haven't done so already head over to [www.theunicornfactory.co.uk/2018theme](http://www.theunicornfactory.co.uk/2018theme) where you can sign up to get monthly emails that will help you explore your theme further throughout the year.

**If you are happy to share I would love to hear about your theme, why you picked it and your experiences with it throughout the year. You can do this by using the hashtag [#shiftyourexperience](https://www.instagram.com/explore/tags/shiftyourexperience/) and tagging me in your posts on Instagram, Facebook and Twitter.**

I look forward to getting to know more about you and your theme!

Helen x

Instagram & Twitter - @helenthornber

Facebook - [www.facebook.com/unicornfactoryuk](http://www.facebook.com/unicornfactoryuk)

## REFLECTING ON 2017

What have you appreciated and been grateful for this year? What challenges have you overcome? What achievements have you accomplished? What milestones have you passed?

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What would you from a year ago say about how far you've come? What would they be most proud of?

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## LOOKING AHEAD TO 2018

This time next year what will have happened in your life? What experiences will you have had? What goals will you have achieved? What will have changed for the better?

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What changes in the way you think will have made that possible? What would be the single most important thing in helping you overcome any challenges and remove any barriers to your goals?

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If you could sum that up in one word what would it be? Are there any other words that come to mind?

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## MY THEME 2018

My theme for 2018 is...

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A question I can ask myself to check I am on track is...

(e.g. What would I do in this situation if I was in a place of TRUST? What is my INTENTION for today? Does this feel BOLD?)

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Don't forget to share your 2018 Theme on Instagram, Facebook and Twitter using the hashtag **#shiftyourexperience**