

PERSONAL THEME WORKSHEET

The words and thoughts of your inner voice can have an enormous effect on your well-being. At your lowest points, they can shackle you, essentially controlling your present and future. Use this worksheet to help transform your inner voice by discovering your own personal 'theme':

Can you think of a time when someone said something kind about you that made you feel happy, inspired and full of joy? What did they say?

Reflect upon the kindness shared with you in Step 1 and how impactful their words were to you. Did it help you make a specific decision, give you an extended amount of energy to accomplish certain tasks, provide insight or even cause a magnificent ripple effect you could trace back to their original comments? What did they say?

Currently, what is the quality of your overall well-being and life?

Are you living towards your own personal development and healing, or away from them?

What areas of your life do you want to improve and live according to a higher purpose?

Does your life revolve around a *theme*? What I mean is, is there a word or phrase that could act as a mantra and help support the daily process of working towards your goals?

Is there anything holding you back from committing daily to this personal theme?

How will you use your theme in your daily life?