


HOW A THEME COULD CHANGE YOUR YEAR

5 reasons why picking a theme for your year can help you stay productive in 2022.



VANDEBLOEMEN

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One exercise we find useful at Vanderbloemen is picking a theme or a word for the year by looking back at the past and praying for the future. We've found it to be incredibly valuable in setting the tone for the new year, and want to encourage you to try it as well. Here are 5 reasons why picking a theme or word for your year can help you stay productive in 2022.

1.

It helps you set goals for the year.

A theme can help you get specific, focusing on new positive goals and avoiding old bad habits. These goals may range from "find new opportunities for professional development" to "say yes to the right things" or of course "build a great team." Turn your theme into a solid outline for how you would like to see your year go.

2.

It helps you say yes to the right things and no to the wrong things.

Grounding your year in a theme or word can help you gauge what opportunities are going to be beneficial to you and which ones are going to be a burden. For example, if your theme for the year is "rest," then before saying yes to an opportunity, you will want to ask yourself if it aligns with your theme. It is better to do only a few things exceptionally well than to do many things with mediocrity.



3.

It provides you with a different perspective when dealing with challenges.

Setting new goals in motion within the context of a theme will give you a great lens to view life through for the year. As you are approached with different challenges, take a step back to think about how you can tackle these within your theme of the year. It may help give you the confidence to deal with what is ahead as well as a great strategy to attack problems at hand.

4.

It helps you set a destination for your year.

Just like any good road trip, having a destination at the end is what keeps you driving forward. Let your theme set the destination for your year, and you'll be able to stay focused on the end result you would like to see.

5.

It helps you better connect in your quiet time.

When you use a theme as a lens for your year, it will soon filter many of your thoughts and ideas. It can also be a great guide for finding devotionals or scripture readings to focus your prayer life on in the year. Since your theme or word is something you took time to meditate on and pray about for your year to come, it makes sense to weave it into your daily quiet time as well. Before your year begins, take some time to select some scripture and verses that will be yours for the year.

As you start to discern how you are going to lead and minister in 2022, we hope that choosing a theme for your year helps guide you. Here are some examples of themes that our Vanderbloemen partners and staff have used both this year and in the past which deeply encouraged them:

- Cherish
- Discipline
- Baby steps
- Present
- Enough
- Humility
- Listen
- Renew
- All-in
- Simplify
- Compassion

Heading into the new year, we here at Vanderbloemen hope we can continue to work alongside you to provide resources, encouragement, and team solutions that you need. And if, as you're looking toward this year, you're noticing gaps that need to be filled within your teams in order to do ministry well, don't hesitate to contact us. Set up a call today and we'll get your team where it needs to be.

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