

Your Year of Miracles



*Create Your
Miracles Theme
2024*



How to Create & Use Your Miracles Theme for 2024

We're happy to share with you one of our favorite Your Year of Miracles practices — creating a **“Miracles Theme”** for your year! People regularly rave to us about how this helps them live a more miraculous year.

Your Miracles Theme is a word or short phrase representing a specific energy that you'd like to experience more of throughout the year. It acts as your guiding light, focusing your attention on the energy you want more of in your life.

By choosing one theme and giving it your attention, you're activating this powerful principle: *What you put your attention on grows stronger in your life.*

Creating Your Miracles Theme: Your theme can be one word, two words, or a short phrase that expresses only one main idea. Here are some examples:

One-Word Themes: For a one word theme, you'll choose the one word that best expresses the quality or energy you want to be guiding your year. **Examples:** *Abundance, Joy, Health, Love, Ease*

Two-Word Themes: In a two-word theme, there's one primary word with another word describing it. For example, if your theme is “Abundant Joy,” the primary word and main idea is “Joy,” and “Abundant” describes it. **Examples:** *Abundant Joy, Vital Health, Fulfilling Love, Flowing Ease*

Short-Phrase Themes: For a short phrase theme, use three or four words that include a verb like “Opening,” “Living,” or “Honoring.” Notice that each of these short phrases still focus on just one main idea. **Examples:** *Opening My Heart, Living My Passions, Honoring My Soul*

(NOTE: Your theme isn't two separate ideas like *Money and Love* or *Health and Purpose*.)

Choosing Your Theme: Choose a theme that will help you open to the miracles that you want! You want to choose your theme from your heart and not your head (not what you think you should choose, but how you feel from it). You'll know you've found the right one for you when you feel inspired, expanded, and uplifted just thinking about it.

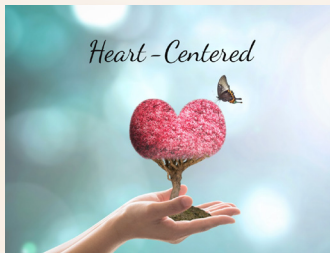
If you're uncertain about which theme to use, try this: Put your hand on your heart and say one of your top choices for a theme out loud. As you say it, notice how it makes you feel. Repeat this with another theme choice and notice how that makes you feel. Whichever makes you feel more expanded and open-hearted is the theme that's right for you. If you experiment with your theme for a few days and it's not resonating with you, you can try on another theme. (You can't get this wrong!)



Using Your Theme: Here are a few ways you can keep your theme alive in your daily awareness:

- Display your theme somewhere in your home and/or office. You could write your theme on cards with an image you love or simply write it on Post-it notes. Place your cards or notes on your mirror, on your computer, and in your car so you see them regularly.
- You can make artwork out of your theme, like a painting, drawing, or computer screensaver.
- Take a few minutes each morning to connect with your theme and start your day in that energy.

Here are a couple of ways people have displayed their theme with a photo that goes with it.



“Heart-Centered” from Helena



“Light” from Corinne



“Delightful Freedom”
from Janell



“Joyful Flowing Abundance”
from Paula

And here’s an example of a beautifully designed rock for the theme, “Ease.”



Use your theme as your guiding light, and make decisions based on what will bring you closer to living your theme more fully. Watch how your simple attention on this draws more of the energy you want into your life.

Enjoy creating and using your Miracles Theme for a more miraculous 2024!

My Miracles Theme for 2024 is: