**1. My XML files are in:**

C:\users\myuser\AppData\Roaming\Microsoft\Templates\DocumentThemes\ThemeColors

**2. From what I know, on older systems it could also be found here:**

C:\Program Files\Microsoft Office\Document Themes 15\Theme Colors

**3. On Mac:**

MacintoshHD:Users:YourUserName:Library:Application Support:Microsoft:Office:User Templates:My Themes:Theme Colors