

Living Your Best Life



Journal

[illegible]



What does your ideal day look like?

How can you achieve this?





What are your current long terms goals?

What are your current short terms goals?





What areas of your life need more attention?

How can you accomplish this?



[illegible]



What actions can you take to simplify life?

	_____
	_____
	_____
	_____
	_____
	_____
	_____
	_____
	_____
	_____

How can you implement those actions?





**What is something you once dreamed of
having that now you do?**

**What is something you once dreamed of
accomplishing that now you have?**





What is something you currently dream of having?

What is something you want to accomplish?





What makes you happy?

What makes you **really** happy?





Do you enjoy your job?

Why or why not?



[illegible]

[illegible]



What are 10 things you are grateful for?

1
2
3
4
5
6
7
8
9
10

How do you show your gratitude?





What are 10 things you want to accomplish?

1	
2	
3	
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9	
10	

What are you doing to reach those goals?





In what ways can you take better care of yourself?

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What are things that are toxic to my life?



How can you cut them out?





What is your daily self-care ritual?

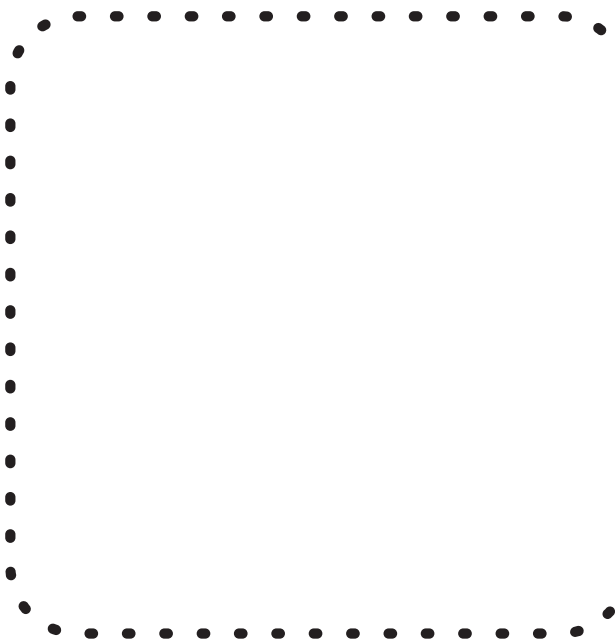
morning



at work



days off



evening





What burdens are currently weighing you down?

How can you ease the burdens?





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What are your limiting beliefs?

How can you shift them?





How would my best friend describe me?

Would you be pleased with that description?





If you could have anything in the world (without time or money constraints), what would it be?

Can you set up a game plan to make it happen?





Who are the most important people in your life?

What are the most important things in your life?



[illegible]

[illegible]

WORKBOOK SUPPLEMENT

HOME

	YES	NO
Do you live where you want?	☐	☐
Do you live in a home you love?	☐	☐
Does your home reflect who you are?	☐	☐

Your desired location to live

Type of residence you want

Some people look for a beautiful place. Others make a place beautiful.

HAZAT INAYAT KHAN



HOME

What changes do you want to make inside your home (such as room rearranging and use of space)?

[illegible]

HOME

Action steps to take to get the home you desire:



HOME

Sketch out your ideal home.

A large rectangular grid of dots, intended for sketching a home. The grid is composed of 20 columns and 30 rows of small, evenly spaced dots. The entire grid is enclosed within a thin black rectangular border.

CAREER

YES

NO

Is your current occupation the type of work you always wanted to do?

☐☐

Do you have a clear plan for the future in terms of your career?

☐☐

You always thought you'd become...

Your ideal job is...

*Choose a job you love, and
you will never have to
work a day in your life.*

CONFUCIUS



CAREER

What would you like to change about your current job?

[illegible]

CAREER

Action steps to take to get the position you desire:



CAREER

Sketch out your ideal job.

A large rectangular grid of dots, intended for sketching out an ideal job. The grid consists of 20 columns and 30 rows of small, evenly spaced dots, enclosed within a black border.

LOVE

	YES	NO
Are you in a special relationship?	☐	☐
Are you happy with your love life?	☐	☐
Is it fulfilling your emotional needs?	☐	☐

Your idea of romance is...

Your ideal relationship is...

*Love is like the wind,
you can't see it but you
can feel it.*

NICHOLAS SPARKS



LOVE

If you are in a relationship, do you want to change anything about it? If you don't currently have a partner, what are you looking for in a relationship?

[illegible]

LOVE

Action steps to achieve the love relationship you desire:



FAMILY

	YES	NO
Are you close with your family?	☐	☐
Are you happy with your home life?	☐	☐
Do you spend quality family time?	☐	☐

The type of parent you want to be...

Your ideal family situation...

*Time together
as a family is a
gift.*

JOANNA GAINES



FAMILY

What changes, if any, would you like to make regarding your family and the relationships you have with family members?

[illegible]

FAMILY

Action steps to achieve the family life you desire:



FRIENDS

- | | YES | NO |
|---|-----------------------|-----------------------|
| Would you pick your same friends again? | ☐ | ☐ |
| Do you share, laugh, and cry together? | ☐ | ☐ |
| Do you spend quality time with friends? | ☐ | ☐ |

The type of friend you want to be...

Your ideal friendships look like...

*A real friend is one who
walks in when the rest of
the world walks out.*

WALTER WINCHELL



FRIENDS

**Are you satisfied with everything related to your friendships?
What would you like to change?**

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FRIENDS

Action steps to have the friendships you want:

	_____
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HEALTH

	YES	NO
Do you regularly visit the doctor?	☐	☐
Are you in good physical health?	☐	☐
Do you eat well and exercise?	☐	☐

Describe your physical health

How well do you care for your body

*It is health that is real
wealth and not pieces of
silver and gold.*

MAHATMA GANDHI



HEALTH

What physical activities do you do regularly? Can you do more?

[illegible]

HEALTH

Action steps to take to improve your health :



EMOTIONAL WELLNESS

- | | YES | NO |
|---|-----------------------|-----------------------|
| Do you keep a journal? | ☐ | ☐ |
| Do you treat yourself with kindness? | ☐ | ☐ |
| Do you accept yourself for who you are? | ☐ | ☐ |

Things you are grateful for today

Things you find overwhelming

*Life is like a mirror.
It will smile at you if
you smile at it.*

UNKOWN



EMOTIONAL WELLNESS

How do you handle emotionally challenging situations?

[illegible]

EMOTIONAL WELLNESS

Action steps to take to improve your emotional wellness:



CHARACTER

	YES	NO
Are you proud to be you?	☐	☐
Do you have admirable character traits?	☐	☐
Do you live your principles and values?	☐	☐

Describe your best character qualities

Qualities you need to improve on

*Character is how you
treat those who can do
nothing for you.*

UNKNOWN



CHARACTER

What are specific ways you can strengthen your character?

[illegible]

CHARACTER

Action steps to take to improve on your overall character :



LEISURE

	YES	NO
Do you have spare time?	☐	☐
Do you have hobbies that excite you?	☐	☐
Do you keep busy when not working?	☐	☐

Ways you fill your spare time

Time spent on social media each day

*Always find time for the
things that make you feel
happy to be alive.*

UNKNOWN



LEISURE

What changes would you like to make regarding your current hobbies and activities?

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LEISURE

Action steps to improve how you spend your spare time :



CULTURE

- | | YES | NO |
|--|-----------------------|-----------------------|
| Do you enjoy cultural pursuits? | ☐ | ☐ |
| Do you engage in intellectual discussions? | ☐ | ☐ |
| Do your friends enjoy cultural events? | ☐ | ☐ |

What cultural events interest you

Which intellectual topics interest you?

*Culture is the
widening of the mind
and the spirit.*

JEWAHARLAL NEHRU



CULTURE

Would you enjoy engaging in more intellectual and cultural pursuits in your life ?

[illegible]

CULTURE

Action steps to add more culture into your lifestyle:



VISION

Sketch out your best life.

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REFLECTION

[illegible]