



Journal With Purpose

Inspiring Creative Journaling



PLAN YOUR DREAM LIFE



www.journalwithpurpose.co.uk



This booklet is designed to help you think about what you most want out of life and then put plans in place to start making them come true.

You can either complete these questions in the workbook or write them straight into your journal.

1 Figuring out what you want from life



Before we can start planning out your dream life, it's fair to say that you need to work out what you want. If you are already clear on this then you can dive straight into **Section 2**. If you need some help in this area, then the following questions are designed to get you thinking about your dreams and aspirations in a meaningful way, to help you identify your unique identity and skills and bring you some clarity.

I have provided some examples of my own to help you.

1 : What do people turn to you for help with?

Example - People ask me for help with productivity, planning and organising. I also get asked for tips on starting a creative journal, along with advice on day-to-day life issues.

2: When did you last feel the most valued? What were you doing at the time?

Example - I was running a workshop on journaling to improve your mental health. The feedback from the attendees made me feel really valued.

3: What are your natural (or learned) strengths or talents?

Example - I am naturally a very organised person. Through my work in HR I've learned a lot about growth and personal development.



4 : Which situations show you at your best?



Example - I am at my best when when I'm talking about things that I'm passionate about .
I.e. Planning and journaling and self-improvement.

5: What matters to you?



Example - Being kind, helping others, integrity and making the most of my life.

6: When do you feel at your happiest and most alive?



Example - I feel happiest when I'm with people I love and also when I'm outside exploring new places

7: What makes you unique?



Example - Using my career in HR to influence how I plan and journal. My ability to set big goals for myself whilst still enjoying where I am right now.



8 : What impact would you most like to have on the world?



Example - To have helped people in some way to make the most of their lives and remove their self-imposed limits

9: What do you want to accomplish?



Example - To have an engaged audience of people who love and value the content I share, whether through guides, workshops, videos or books.

10: How would you like to be remembered?



Example - As someone who loved life and helped inspire others to do the same.

11: How do you hope people will describe you?



Example - Kind, thoughtful and non-judgemental.



12 : What does a 'successful life' look like to you?



Example - *A close relationship with those I love, to have had a positive impact on people I have come into contact with, financial security for my family, to have explored and experienced as much of the world as possible*

Hopefully, by answering the questions above you will feel closer to understanding what you want out of life and your own personal values. Don't worry if you feel you still don't have it all worked out yet. You can still start to plan out your dream life in accordance with your values and skills and adjust your plans as your dream life becomes clearer to you.

Did any common themes emerge from answering these questions? If so. Note them below; this should start to make your path a little clearer.



2

Getting Clear



Now you've started thinking about your dream life it's time to bring it into sharper focus,

- What are the key areas you want to improve and develop? Pick those that are the most relevant to you. They could include family, relationship, career, home environment, contribution to the world, religion, spirituality, wealth, friendships.



- Example - Family** - Spend more quality time with my family and arrange fun days out together
- **Relationship** - Make sure we prioritise some alone time together every week
 - **Career** - Continue with the day job whilst looking for ways to earn income through projects I'm passionate about
 - **Home** - create an uncluttered and peaceful home environment (Kon Mari)
 - **Contribution** - Use my blog and YouTube channel to share positive messages and inspire others
 - **Spirituality** - Introduce daily practice of mindfulness
 - **Wealth** - increase income streams and focus on saving funds for the future
 - **Friendships** - Join a club to meet more local people



The next step is to create a vision board showing what success looks like in those areas for you. Dream big. Don't worry about practicalities or how you will achieve them. This exercise is designed to open your mind, be fun, inspirational and provide you with motivation when you need help getting back on track. Please dream as big as you possibly can.

You can include images and words, whichever works best for you and provides the inspiration you need. I use images that spark my imagination and create positive feelings when I look at them. You can either create you vision board in you journal pages or stick your images on a board you can hang somewhere you will look at every day.

I don't believe anything should be set in stone as you don't know what exciting opportunities might come your way! The vision board is more like a compass to help guide you in the right direction.



Example -



When I first did this exercise two years ago, I knew I would like to create an income stream from creative journaling but I didn't know how that would be possible. By creating a vision board and setting out my intentions in writing I became really focused in looking out for and creating my own opportunities. Since then I have delivered multiple journaling workshops in my local area, received paid commissions from great stationery brands, earned money from my YouTube channel and am in the middle of a really big, exciting creative project. Looking at my vision board every day has really helped inspire me to seek out opportunities that move me in the right direction.

I like to refresh my vision board at least once a year to make sure it stays current and inspiring to me.



3 12 Months from Now

By now your dream life should be starting to take shape in your mind. The next step is to consider what you would like to accomplish in the next 12 months, that will move you closer to your dream life. Think about these key areas you identified in Section 2 and set some clear goals that you would like to achieve by this time next year.

4 Quarterly Breakdown

This is the time to start getting focused on the details about specific milestones you want to achieve within the next three months. I like to be quite stretching with my goals, while ensuring they should be realistic if I stay focused.

Month One	Month Two	Month Three



5 Task by Task



It's not unusual to find big goals over-whelming. Not knowing where to start can be a major cause of procrastination.

Take a look at the milestones you set for month 1 in section 4 and break them down into the smallest tasks possible. Planning out each individual small thing that needs to be done can really help you to get started as each part becomes manageable.



Example: when I was considering running creative journaling workshops, it felt like a huge job and possibly more than I could take on. However, when I broke it down into individual tasks I started to realise that it was all within my reach. My task list looked something like this:

Identify dates I am available	Research possible venues	Arrange meeting with preferred venue
Prepare questions for the meeting	Attend meeting	Sign booking confirmation form
Draft outline of workshop and send for approval	Create marketing material	Promote the workshops online
Take promo leaflets to the venue	Ask local businesses if they will display my leaflets	Respond to booking enquiries
Confirm details to attendees	Order workshop supplies	Check payments received
Arrange insurance for the events	Send reminder one week before workshop starts	Run the workshops
Ask attendees for feedback / testimonials	Review what worked and what could be improved	

As you work your way through the list and start ticking things off, it can really help to build momentum and increase your confidence to take on even bigger projects in the future.



6 Getting Started



Now your plans are in place, it's time to get started. This is where it gets really exciting and you start to see results.

■ Look at your individual tasks and pick the 3 things that are most important to get started on.

I would recommend adding these to wherever you usually keep your to-do list. This could be a journal, planner, or app, but just make sure it's somewhere that you can't forget about it.

7 Making the Time



One important area that often gets overlooked is ensuring that you make the time to work on these developmental tasks. It's easy to keep within the comfort zone of your daily routine and just "not have enough time" to spend on these areas that bring the most growth.

Anything that stretches you can feel really uncomfortable. Once the excitement of setting these amazing goals wears off, it can be easy to lose steam and put your plans on the back-burner. That's why I think it's really important to block out time every day where you can focus just on these types of tasks.

■ Take some time to consider the time of day that you are most likely to be able to do your best work.

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How much time are you going to commit to spending each day on working towards your dream life?

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If you can commit to even just 30 minutes each day, by the end of the year you will have spent over 182 hours on creating a better life for yourself. I strongly believe that if you don't set aside that time for yourself, other people will very quickly fill it for you and your goals will never be achieved.

One tool I find really useful is creating a time ladder for each day. I record how I plan to spend my time which keeps me focused and quick to walk away from unnecessary distractions. Consider whether this may help you too.



Example:

09.00] Project work: key time of focus
10.00]
11.00	Admin tasks: emails, calls etc.
12.00	Client work
13.00	Lunch
14.00	Client work
Etc.	

8 What might Get in your Way?

I find it helpful to consider potential stumbling blocks in advance. This allows you to anticipate them and put measures in place to minimise the impact.

Example:

Potential Issue	How will you overcome it?
E.g. Emails and calls disrupting my plans	Turn off my phone for 60 minutes each day to allow guaranteed focus on my big goals

These obstacles could be external (i.e. other people and events) or they could be internal (i.e. you!) It's very likely to be a combination of both.

It's important to be aware of any self-sabotaging behaviour and the ways in which you might prevent your own success.

For example, I know I have a tendency to be very excited and motivated at the beginning of projects, but tend to lose enthusiasm when I'm deep in the slog of doing the actual work.

I've learnt that I need to focus in small time chunks and give myself mini rewards. After every 30 minutes of project work I take a 5 minute break to refresh. I set milestones along the way and celebrate each one by doing something I enjoy. This could be reading, creating, going for a walk, watching TV, etc. Knowing these rewards are coming give me the push I need to keep going.

The more you understand your own behaviour, the better equipped you will be to put appropriate coping mechanisms in place.



9 Review and Adjust



Setting long-term goals can really help to point you in the right direction, but it's also important to stay flexible, open to new opportunities and willing to adjust your plans as you go. I like to complete a quick review at the end of every month.

■ What went well this month?

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■ What didn't go exactly to plan and what can I learn from this?

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■ What adjustments can I make to my plans next month to ensure success?

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10 Don't Do it Alone



It's really easy to fall into the trap of thinking you need to learn and do everything yourself. However, there is so much support and information available that it's well worth reaching out to others for help.

I have found that if you ask people in the right way, they are nearly always willing to help point you in the right direction. For example, people have shared great workouts with me, advice on equipment for filming, offered to review my blog and provide feedback and advice for tackling all range of different issues. Also, there are lots of great YouTube tutorials and blogs on just about every topic imaginable. It can save you so much time to just ask, rather than struggling alone.

■ Have a think about areas you might need support and who you could turn to.

Support Required	Where to find help?

I really hope that this guide has helped inspire you to start working on your dream life and setting amazing goals that give you something exciting to work towards every day. Just think what you will have achieved by this time next year!

Wishing you so much success and don't forget to enjoy the journey.

