



Create Your
Dream Life
Journal

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Thank you for getting this journal to help you find ways to make your life even better. We encourage you to think and take action that creates the life you want.

Your dream life is exactly that – yours. It is easy to compare our lives to other people's lives. Sometimes that comparison makes us feel as though we are missing out. The goal with this journal is not to measure your life against anyone else's life but your own.

What your dream life looks like is up to you to decide. Our goal is to help you live a life without regrets, accomplish what you want to accomplish, and be the person you want to be.

Some of the questions and prompts may venture into deep thoughts and feelings. Some you may not want to share with others. Some you may want to share with other people, either for help or accountability. Sometimes it is helpful to talk through these questions with others to gain momentum and to help formulate ideas.

Some of the sheet topics don't apply to you. Skip what doesn't work for you, or alter the topics to fit your situation.

Before you start:

We have a collection of free resources at **www.ProductiveLeaders.com/free-resources** that focus on leadership, business growth, and professional development. We encourage you to explore those resources.

Please also subscribe to our YouTube channel at **<https://www.youtube.com/c/MaryKellySpeaker>** for full length leadership and business growth programs, and other short videos that we are constantly updating.

Please let us know how it goes!

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My Life Right Now

What I love...

What gives me motivation...

What is challenging right now...

What needs to change...

What I will change...

What I am going to do right away...

My Career and Business Life

What I love...

What gives me motivation...

What is challenging right now...

What needs to change...

What I will change...

What I am going to do right away...

My Professional Network Relationships

What I love...

What gives me motivation...

What is challenging right now...

What needs to change...

What I will change...

What I am going to do right away...

My Romantic Life (in whatever stage that looks like)

What I love...

What gives me motivation...

What is challenging right now...

What needs to change...

What I will change...

What I am going to do right away...

My Physical Health

What I love...

What gives me motivation...

What is challenging right now...

What needs to change...

What I will change...

What I am going to do right away...

My Mental Health

What I love...

What gives me motivation...

What is challenging right now...

What needs to change...

What I will change...

What I am going to do right away...

My Spiritual Health

What I love...

What gives me motivation...

What is challenging right now...

What needs to change...

What I will change...

What I am going to do right away...

My Relationship with My Parents

What I love...

What gives me motivation...

What is challenging right now...

What needs to change...

What I will change...

What I am going to do right away...

My Relationship with My Siblings

What I love...

What gives me motivation...

What is challenging right now...

What needs to change...

What I will change...

What I am going to do right away...

My Relationship with My Children

What I love...

What gives me motivation...

What is challenging right now...

What needs to change...

What I will change...

What I am going to do right away...

My Role in My Local Community

What I love...

What gives me motivation...

What is challenging right now...

What needs to change...

What I will change...

What I am going to do right away...

My Relationship with Myself

What I love...

What gives me motivation...

What is challenging right now...

What needs to change...

What I will change...

What I am going to do right away...

Final thoughts from Mary

It is so easy to get caught up in the day-to-day things that we need to do that taking time to take a step back and look at the overall picture of our life seems like a luxury.

Working through some of these worksheets and thinking deeply about important topics can be difficult. Remember that every day is part of the journey, and life involves change. It is easier to make the right changes when we are mindful of the areas we want to change, and committed to making the right improvements.

Please be kind to yourself as you start this process. No one is perfect. Everyone struggles. Everyone feels like they could do better at something. Many people wish they were further ahead in their careers or business.

We need to remember to be grateful for every moment we have. Life is a finite number of unknown minutes, so we cannot waste the precious time that we have.

It is helpful to remember how far we have come. We are exactly where we are meant to be, because this is exactly where we are.

For more free resources to get you where you want to go, please visit **www.ProductiveLeaders.com** and sign up for the newsletter.

What happens next is up to you, and I am excited to see where you go from here!

