

# My Ideal Life

HOW MANY TIMES HAVE YOU TOLD YOURSELF - I NEED TO START [FILL IN THE BLANK]. OR - IF ONLY I [FILL IN THE BLANK], MY LIFE WOULD BE SO MUCH BETTER. I RECKON THE ANSWER IS MORE THAN ONCE, IF NOT DOZENS OF TIMES. WE SO OFTEN HAVE THESE HUGE GOALS AND DESIRES. WHETHER THAT IS MOVING TO A NEW CITY/COUNTRY, TRYING A NEW HOBBY, FINDING NEW ALIGNED AND LIKE-MINDED FRIENDS, GOING AFTER A DREAM JOB, OR ANYTHING ELSE UNDER THE SUN. BUT WHEN IT COMES TO ACTUALLY WORKING TOWARDS THEM, TAKING THE NECESSARY STEPS TO MAKE THESE DREAMS OUR REALITY, WE HOLD OURSELVES BACK.

OF COURSE, THERE ARE NUMEROUS REASONS FOR DOING THIS. TIME, MONEY, SELF-BELIEFS, RESOURCES, FAMILY, SURROUNDINGS, HEALTH. YET FOR MANY PEOPLE, THE REASONS COULD BE DEALT WITH, THEY COULD WORK THROUGH IT AND FIND SOLUTIONS, BUT THEY FEEL DIS-EMPOWERED AND LOOK THE OTHER WAY.

THIS PLANNER IS FOR THOSE DREAMERS WHO KNOW THEY CAN WORK THROUGH THE OBSTACLES THAT ARE IN THEIR WAY. THOSE WHO ARE READY TO TAKE THEIR POWER BACK. THOSE WHO KNOW THAT WITH EFFORT, THEIR DESIRES WILL INEVITABLY PRESENT THEMSELVES.

NEEDLESS TO SAY, THERE ARE VARIOUS OTHER ASPECTS THAT MUST BE WORKED ON TO SHIFT FROM PROCRASTINATION AND DIS-EMPOWERMENT TO MOTIVATION AND CONFIDENCE. INNER WORK LIKE MEDITATION, VISUALIZATION, REWRITING BELIEF SYSTEMS, WILL HELP IMMENSELY. SO I ENCOURAGE YOU TO ADD THEM INTO SLOTS WHERE YOU FEEL THEY'D BE NECESSARY. FOR EACH GOAL, THINK ABOUT THE MENTAL STRIDES NEEDED TO BE TAKEN, NOT JUST THE LOGISTIC ONES. THIS PLANNER WILL ALLOW YOU TO SHIFT YOUR BIG DREAMS INTO PRACTICAL ACTIONABLE STEPS. REMEMBER - CONSISTENCY, SELF-BELIEF, AND DEEP INNER COMPASSION, WILL TAKE YOU A LONG WAY.

HAPPY DREAMING

# My Ideal Life

WHAT DO I DEEPLY DESIRE?

<p>MY BELIEF SYSTEM</p>	
<p>DAILY HABITS AND ROUTINES</p>	
<p>HEALTH AND FITNESS</p>	
<p>RELATIONSHIPS, FRIENDSHIPS, AND FAMILY</p>	
<p>MY SPACE (TANGIBLE THINGS AROUND ME)</p>	
<p>OTHER</p>	

# Goal Planner

MY GOAL:

MY STRATEGY:

HABITS AND ROUTINES:

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OTHER NOTES

# Goal Planner

MY GOAL:

MY STRATEGY:

HABITS AND ROUTINES:

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OTHER NOTES

# Goal Planner

MY GOAL:

MY STRATEGY:

HABITS AND ROUTINES:

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OTHER NOTES

# Goal Planner

MY GOAL:

MY STRATEGY:

HABITS AND ROUTINES:

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OTHER NOTES

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MY GOAL:

MY STRATEGY:

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OTHER NOTES

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MY GOAL:

MY STRATEGY:

HABITS AND ROUTINES:

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OTHER NOTES