

Living My Best Life Journal





Day 1

What makes you happy?

Day 2

Who makes you happy?

Day 3

What is your proudest achievement?

Day 4

What is the most important thing you have learnt today?



Day 5

What do you like the most about yourself?

Day 6

What makes you feel good about yourself?

Day 7

What or who encourages you to be the best you can be?

Day 8

What do you feel like when you achieve something you have worked hard to do?



Day 9

What is your dream for the future?

Day 10

What goals do you need to set to make this dream achievable?

Day 11

Write a list of your goals.



Day 12

Prioritise what your most important goals are. List them from 1-10 with 1 being the most important.

Priority	Goal
1	
2	
3	
4	
5	



Day 12

Prioritise what your most important goals are. List them from 1-10 with 1 being the most important.

6	
7	
8	
9	
10	



Day 13

Think about what small steps you can do, maybe once a day or once a week, that can help you achieve your goal.

Daily	
Weekly	

Day 14

Who can be your cheerleader to help keep you motivated to achieve your goals?

Day 15

Why is your dream important to you?



Day 16

What will it feel like when you achieve your dream?

Day 17

What will your dream look like when you achieve it?

Day 18

What will your dream sound like when you achieve it?



Day 19

What are the things that might stop you from achieving your dreams? Make a list of them using the table below.

What might stop you?	How can you remove these stoppers?

Day 20

Can you create a positive affirmation about your dream? For example, 'My dream is... and I will achieve my dream by...'

Day 21

Why is this dream so important to you?

Day 22

What would it mean to you if you could achieve your dream?



Day 23

Make a list of ten things that make you happy and excited.

Day 24

What makes you smile every day?

Day 25

What is the best piece of advice you have been given? For example, 'Practise, practise and practise some more!' or 'Dream big!'.

Day 26

What excites you about the future?



Day 27

What compliment would you give yourself?

Day 28

What is the biggest treat you could give yourself?

Day 29

Where is your happiest place? Why is this place so important to you and why does it make you so happy?



Day 30

Make a checklist of goals to achieve and write the date next to them when you achieve them. Being able to see when you achieved each goal will help keep you motivated to fulfil your dreams. Good luck!

Goal	Date achieved