

MANIFESTATION
DREAM LIFE
Journal

This Book Belongs To

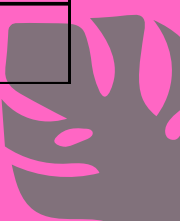
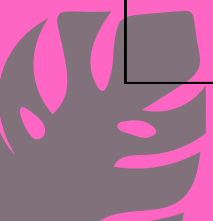
Level 10 Life Inventory

Family/Friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-Development	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spirituality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Finances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Career	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Giving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



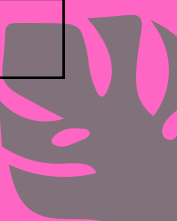
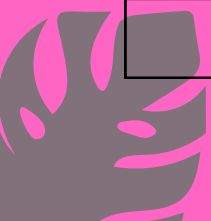
Daily Planner

Daily Schudule	Priorities
	Affirmations
	Gratitude



Weekly Planner

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	Notes



Vision Board

Career

Finance

Relationships

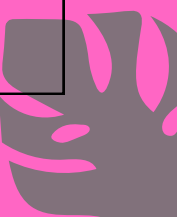
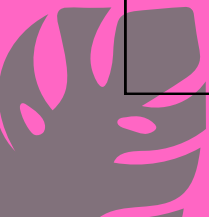
Love

Personal Growth

Health

Leisure

Home



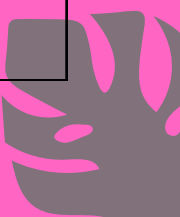
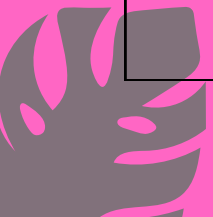
Bucket List

Achievements

Experiences

Empty space for listing achievements.

Empty space for listing experiences.



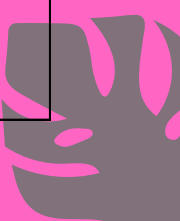
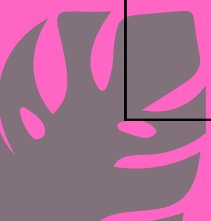
Accountability

WRITE DOWN YOUR PROBLEMS

HOW AM I RESPONSIBLE FOR THIS PROBLEM? HAVE I MADE SOME BAD CHOICES? HAVE I TRIED EVERYTHING THATS IN MY POWER TO IMPROVE THINGS? (IF YOU HAVE COUNT THE THINGS YOUVE ACTUALLY DONE)

IF YOU SOLVE THIS PROBLEM HOW WOULD YOUR LIFE (OR THE LIFE OF OTHERS) IMPROVE IS THIS PROBLEM WORTH SOLVING

WHAT CAN I DO TO START MAKING THINGS BETTER? WHAT STEPS CAN I START MAKING TODAY TO START IMPROVING THE SITUATION



Growth vs Fixed Mindset

Growth Mindset

CHALLENGES

Challenges are a way for me to get better

DESIRES

I try new things SKILLS I can always improve
Desires I'll try new things

OBSTACLE

I'll Change my approach until i succood

SUCSSESS OF OTHERS

I'm inspired by their success. Maybe I have something to learn from their success

CRITICISM

I can learn from the feedback! rocovo

Fixed Mindset

CHALLENGES

I try to avoid challenges so I don't look stupid

DESIRES

I'll just stick to what I know

SKILLS

I'm either good at it or not If I'm not, it's okay

OBSTACLE

I'm just not good at it and that's the way it i

SUCSSESS OF OTHERS

It's unfair that they're succeeding and I am not

CRITICISM

I feel threatened by the criticism I got



My Relationships

Relationships

1	2	3	4	5	6	7	8	9	10
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Blank area for writing relationships.

Relationships

	2	3	4	5	6	7	8	9	10
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Blank area for writing relationships.

Relationships

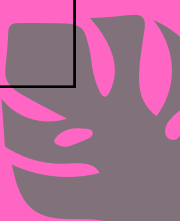
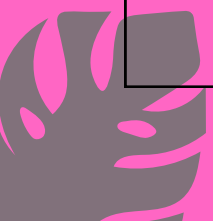
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Blank area for writing relationships.

Relationships

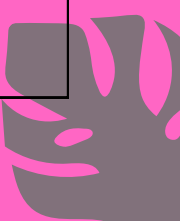
	2	3	4	5	6	7	8	9	10
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Blank area for writing relationships.



Self-Assessment

What would i like to improve and how



Action Brainstorm

Stop Doing

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Do Less

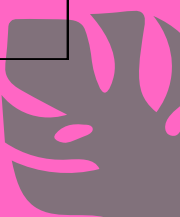
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Keep Doing

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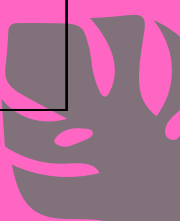
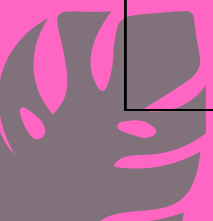
Start Doing

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My Priorities

Task Name	Steps to Task
1	
2	
3	
4	
5	



Wheel of Life

Career

Finance

Relationships

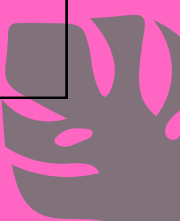
Love

Personal Growth

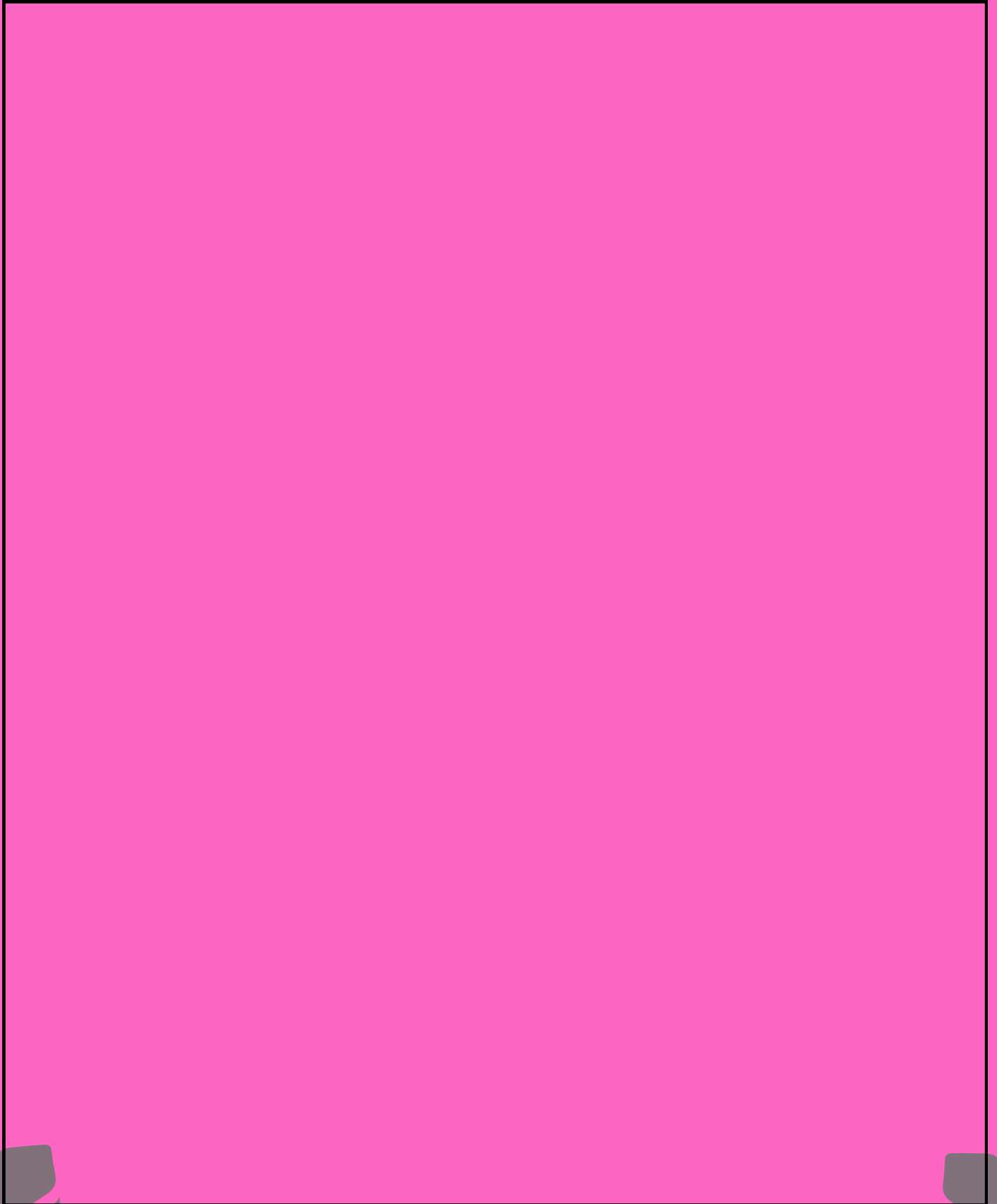
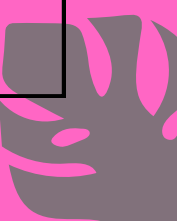
Health

Leisure

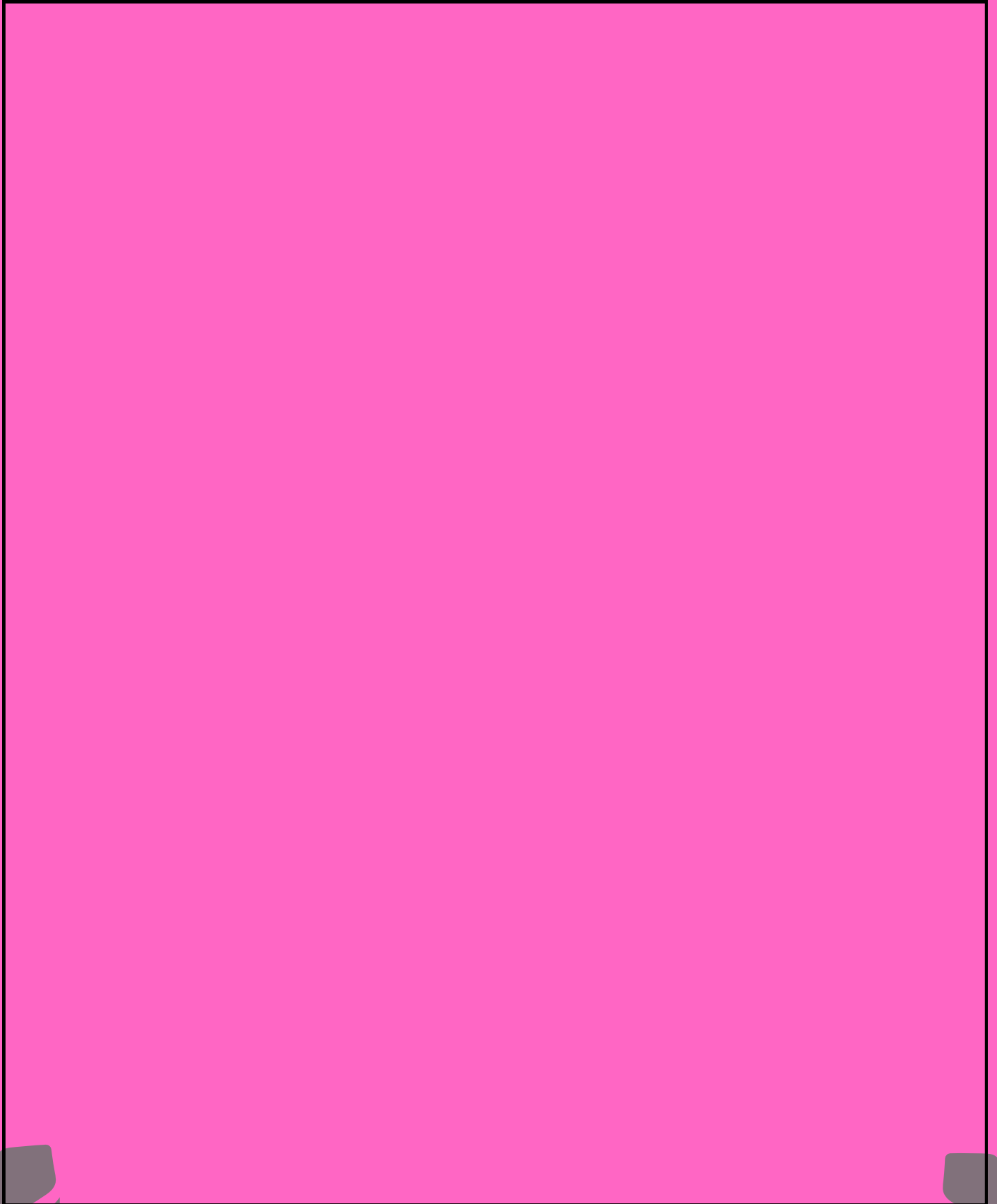
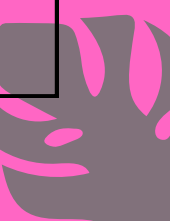
Home



Affirmations

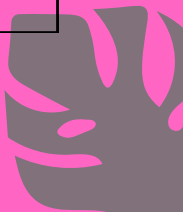
A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for the user to write their affirmations.

Gratitude

A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for writing a message of gratitude.

My Daily Rituals

Time	Duration	Ritual



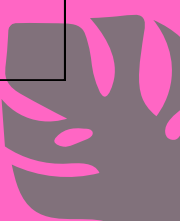
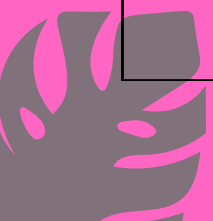
Yearly Goals

Health & Fitness

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Notes & Thoughts

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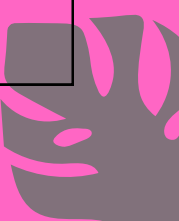
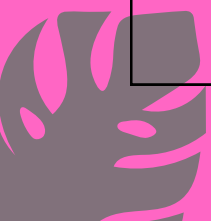


Quarterly Goals

Health & Fitness

Goal	Why	Reward

Notes & Thoughts



Notes

