

How to create the life YOU are meant to live!

BE YOURself

LIVE

Do YOUR Thing

SERVE

Have YOUR Cake

ENJOY

This journal tool will help you get honest with yourself about the life YOU want, those dreams you've probably stuffed away long ago and wouldn't dare express to another human because too many people have told you "you could never be/do/have THAT. Read the prompts below then read them again one at a time and use the following pages to write your BE DO HAVE.

Be YOURself - who or what you want to be

How YOU feel, purpose or mission, how you show up in life, strongest traits, kind of parent or partner you are. If there are traits that you already love about you include those as well!

Write them as I am statements and the more detailed the better.

Do YOUR Thing - what you want to do

This includes travel, starting a business, offering a new program in your current business, learning a language, marriage, kids, playing the piano.

Write these in descriptive sentences or as a list. Explore options. Don't limit yourself in any way!

Have YOUR cake - what you want to have

This can be anything from a house on the beach, free time, a yoga studio, a great wardrobe, seven kids, no kids, marriage, - whatever it is you want to have.

Let yourself dream big here. lots of people get a little freaked out and feel greedy if they admit to wanting. it doesn't feel "noble" but, just open up to those "have" desires. knowing what they are can guide you to the places where you resist or block your own success.

As you are writing on the following journal pages, WHEN you start hearing your mother's / father's / ex's voice in the back of your head saying "you can't be/do/have that" or "you'll never be/do/have that" tell that voice to SHUT UP! This is YOUR life - CREATE IT - GO FOR IT - LIVE IT - DO IT - HAVE IT!!



I am creative. I am funny. I am organized. I am a good listener.

I am _____

I am _____

I am _____



**Do My
Thing**

I earn my college degree. I grow my business 25% in 2018. I take a cruise to Alaska with my husband / wife / friends / alone. I pay off all my debt in the next six months. I serve

I _____
I _____
I _____



**Have My
Cake**

I have a time share in Key West. I have a red Volkswagen Cabriolet with a blue tooth stereo. I have a great marriage that freaking rocks my world. I have a fun and safe relationship with my kids. I have all the time I need to work on my artwork.

I _____

I _____

I _____
