



LIVING M  BEST
EVERY DAY

Living My Best Life Now
A Planner for Dream Life and Self-Development

DAILY ACTION

Date: _____

Daily Priorities

Direct your daily tasks by writing down what you want to achieve and why it's important to you. Consider the long term – how will these tasks benefit you in one month, six months, or a year? If they don't offer future benefits, they might not be that important.

01

02

03

To-Do List

Tasks of lesser importance to complete during the day. These might not have long-term strategic value, but they still need to be done.

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15

Notes

DAILY PLANNER

Date:

To-Do List

Other Notes

Priorities

01

02

03

04

05

Appointments

01

02

03

04

05

Gratitude

01

02

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04

05

TO DO LIST

Date: _____

Item Name

Done?

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Other Notes

MY IDEAL LIFE

To achieve an amazing life, you must first define what your "dream life" means to you. Success can be measured in various ways. Begin by envisioning your ideal situation. Describe your ideal life below.

What would your days consist of? What would you do in the mornings, evenings, and nights? Where would you be, and who would you be with? What experiences would you have? What would your professional life look like? What income or passive income would you earn weekly?

Remember, this exercise helps create a vision to work toward – it's not set in stone and can evolve as you go along.

VISION BOARD

Write down key points in each category describing your ideal life. (An extra worksheet is available on the next page if you need more space.) This worksheet is designed to help you identify the goals you want to strive for. You might think you don't need to write it down, but you do! Writing it down makes it more real and creates a commitment that drives you to achieve your goals.

Scientific evidence shows that when you write down your intentions and goals, you are more likely to achieve them. If you believe in manifesting, writing down your goals puts them into the universe, and the universe always supports you!

Marriage	You
Business	Earnings
Spiritual	Time
Life	Influence
Family	Exercise

VISION BOARD

Marriage	You
Business	Earnings
Spiritual	Time
Life	Influence
Family	Exercise

BUCKETLIST

ACHIEVEMENTS

On this side, write down everything you want to achieve in your life. Think about your physical goals, financial aspirations, relationship objectives, and career ambitions.

EXPERIENCES

On this side, write down all the things you want to experience in your life, such as happiness, visiting new places, trying different foods, and any other adventures or activities you wish to pursue.

THINGS I WANT

This is the place where you can write down all the material things you want in your life, from a beautiful house to yearly vacations on a tropical island. Don't be afraid to dream! Next to each item, write down a cost estimate. You'll likely discover that you don't need to be ultra-rich to achieve all you desire (depending on your wishes, of course!). The purpose of this exercise is to get all your dreams on paper so you can use them as fuel for motivation.

Item Name

Est. Cost

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LIFE INVENTORY

Now it's time to assess your current situation across various categories. Rate each category on a scale from 1 to 10—one meaning you're not at all satisfied with the current situation and ten meaning things couldn't be better. The goal of this exercise is to identify areas for improvement. In each category, write down what you're happy with and what you can do to make things better. By doing this exercise and checking back periodically (every six months, for example), you can track the progress you've made.

Marriage

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You

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Business

01	02	03	04	05	06	07	08	09	10
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Earnings

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Spiritual

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Time

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Life

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Influence

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Family

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Exercise

01	02	03	04	05	06	07	08	09	10
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ACCOUNTABILITY

Taking responsibility for your actions, emotions, and current situation is the first step toward breaking old patterns and improving your life. By owning the circumstances in your life (even if you're not directly to blame), you empower yourself to address and improve the issues. Without personal responsibility, you approach problems as a victim, feeling powerless to change anything, which is unproductive. Answering the following questions will help you gain insight into how you can take more responsibility and empower yourself to change the things holding you back.

Write down your problem/s

How am I responsible for this problem? Have I made some bad choices? Have I tried EVERYTHING that's in my power to improve things? (if you have, count the things you've 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 little steps can I start making today to start improving the situation?

ACCOUNTABILITY

How would taking responsibility for my **RELATIONSHIPS** look like? What steps must I take? How would this improve my life?

How would taking responsibility for my **FINANCES** look like? What steps must I take? How would this improve my life?

How would taking responsibility for my **CAREER** look like? What steps must I take? How would this improve my life?

How would taking responsibility for my **HEALTH** look like? What steps must I take? How would this improve my life?

How would taking responsibility for my **WELLBEING** look like? What steps must I take? How would this improve my life?

GROWTH VS FIXED MINDSET

Often, making progress with a problem starts with a simple shift in mindset. According to researcher Carol Dweck, there are two types of mindsets: a fixed mindset and a growth mindset. A fixed mindset is the belief that certain qualities or traits (such as intelligence) are innate and unchangeable, determined by nature. In contrast, a growth mindset is the belief that you can improve any quality with effort and dedication. With a growth mindset, you're more likely to take action and achieve your goals. This mindset empowers you to put in the work rather than making excuses. Below are some examples of growth versus fixed mindsets.

Growth Mindset	Fixed Mindset
Challenges Challenges are a way for me to get better	Challenges I try to avoid challenges so I don't look stupid
Desires I'll try new things	Desires I'll just stick to what I know
Skills I can always improve	Skills I'm either good at it or not. If I'm not, it's okay
Obstacles I'll change my approach until I succeed	Obstacles I'm just not good at it and that's the way it is
Success of Others I'm inspired by their success. Maybe I have something to learn from their success.	Success of Others It's unfair that they're succeeding and I am not.
Criticism I can learn from the feedback I receive	Criticism I feel threatened by the criticism I get

WORKING ON MINDSET

In this exercise try to identify your own mindset in a variety of categories and then write down what would be a more productive way of thinking (by productive I mean anything that will make you take action and actively work on a solution rather than just accept things as they are). On the next page you can also identify your own unique limiting beliefs and how you could reframe them.

How I react to challenges & how I can improve?

How I react to criticism & how I can improve?

How I react when I don't know what to do next? Is it productive?

**Am I taking responsibility for my own actions and current situation? If yes/
no, how so? Is this helping me to get forward and how?**

LIMITING BELIEFS

In this section, identify other beliefs that are holding you back and consider how you can reframe them to be more productive. For example, as a child, you may have been taught that "money doesn't grow on trees." While this is true to an extent, a more productive belief might be, "I will be rewarded for the value I provide to others—the more I give, the more I will receive." Reframing limiting beliefs in this way can help you adopt a more positive and empowering mindset.

Current Belief

Better Alternative

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Current Belief

Better Alternative

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Current Belief

Better Alternative

--	--

Current Belief

Better Alternative

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LIMITING BELIEFS

A Belief that is holding you back:

“ ex. I can't change myself.”

Where did this belief come from?

How is this belief harmful?

What is a better alternative for this belief?

OVERCOMING FEAR AND 'WHAT IF'S'

This exercise, inspired by Tim Ferriss's "4-Hour Work Week," involves considering the worst possible outcomes of an action you're afraid to take. First, think about the worst that could happen. Then, consider how you might prevent these outcomes. Finally, plan how to mitigate any adverse effects if these outcomes do occur. This process can help you realize that your fears are often not as bad as they seem. Additionally, reflect on the long-term impact of not taking the action. Would you miss out on opportunities? Would you regret not taking the chance? Use this exercise to gain clarity and overcome your fears.

What action do you wish to take

The worst outcomes	How to prevent	How to repair
<p>What will happen long term (1 year, 5 year, 10 years+) if you don't take this action?</p>		

ACTION BRAINSTORM

Stop Doing

Do Less

Keep Doing

Do More

Start Doing

TAKING ACTION

I am going to:

ex. build a 6 figure passion business in the next two years.

What limiting beliefs do I have to overcome to achieve this:

ex. I can't quit my current job because I can't pay for my rent.

What steps do I have to take to get started:

ex. start sharing my photography on Instagram.

What tools do I need to get started:

ex. just my phone camera.

Why am I doing this:

ex. I'm doing this because life is too short to not take chances.

I am grateful for:

ex. the opportunity to pursue my dream.

TAKING ACTION

I am going to:

What limiting beliefs do I have to overcome to achieve this:

What steps do I have to take to get started:

What tools do I need to get started:

Why am I doing this:

I am grateful for:

GOAL SETTING

01. What do you want to achieve financially in the next year?



02. What do you want to achieve physically in the next year?



03. What do you want to achieve spiritually in the next year?



04. What do you want to achieve emotionally in the next year?



05. What do you want to be remembered for?



GOAL SETTING

My Vision or goal:

ex. build a 6 figure passion business in the next two years.

Steps to Take:

ex. building a brand around my expertise

Financial Cost:

ex. hiring freelancers

Actions to Take:

ex. building out my portfolio website

Potential Problems:

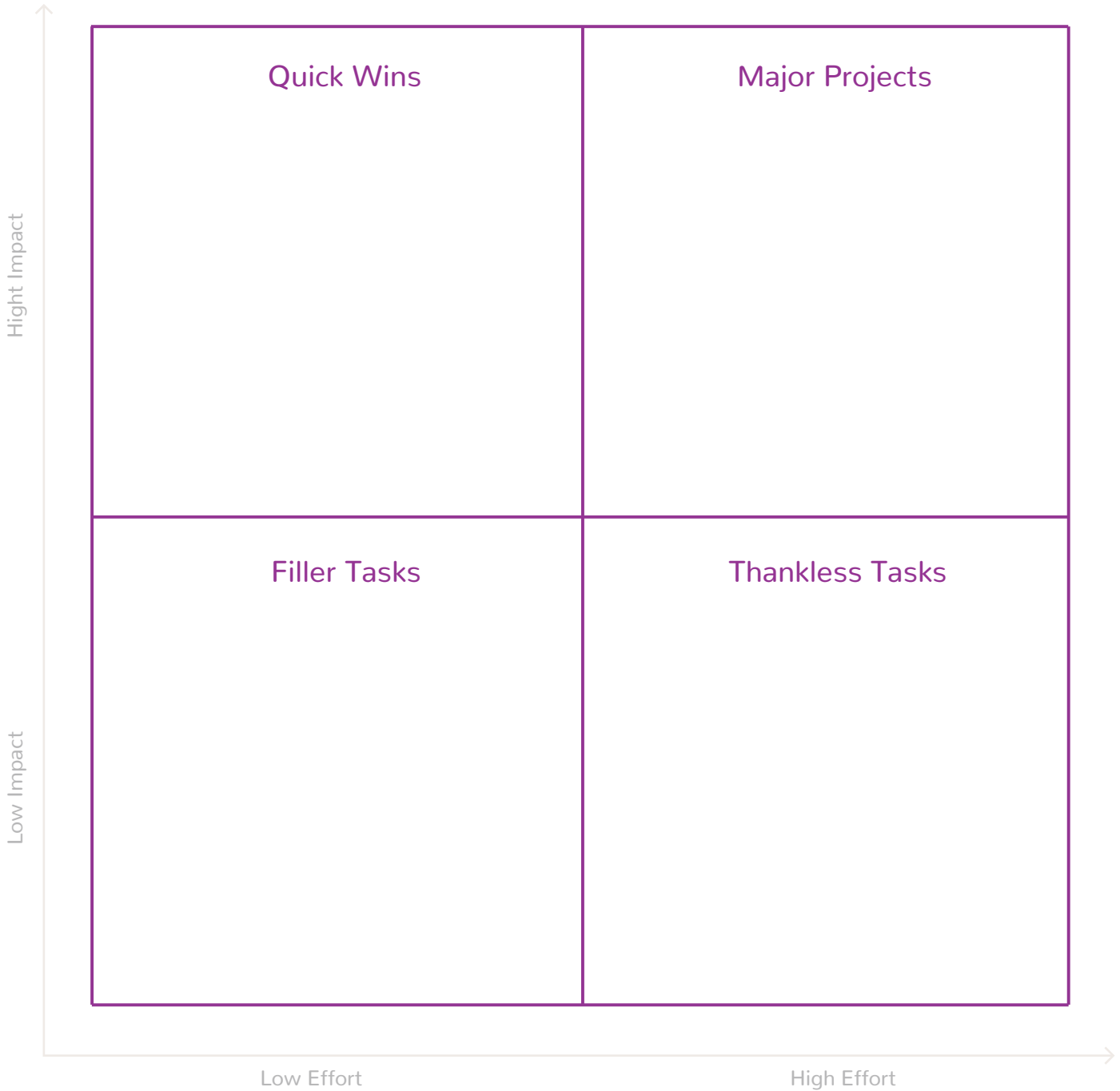
ex. saturated marketplace, how
do I differentiate?

Progress Tracker:

what have I done already to
achieve my goal

ACTION PRIORITY MATRIX

Here is where you can determine what to work on first to have the greatest impact. Take everything you've written in the previous worksheets and use this "Action Priority Matrix" to set clear priorities on which actions to tackle first. This tool will help you identify which tasks will make the most significant difference and should be addressed promptly.



MY PRIORITIES

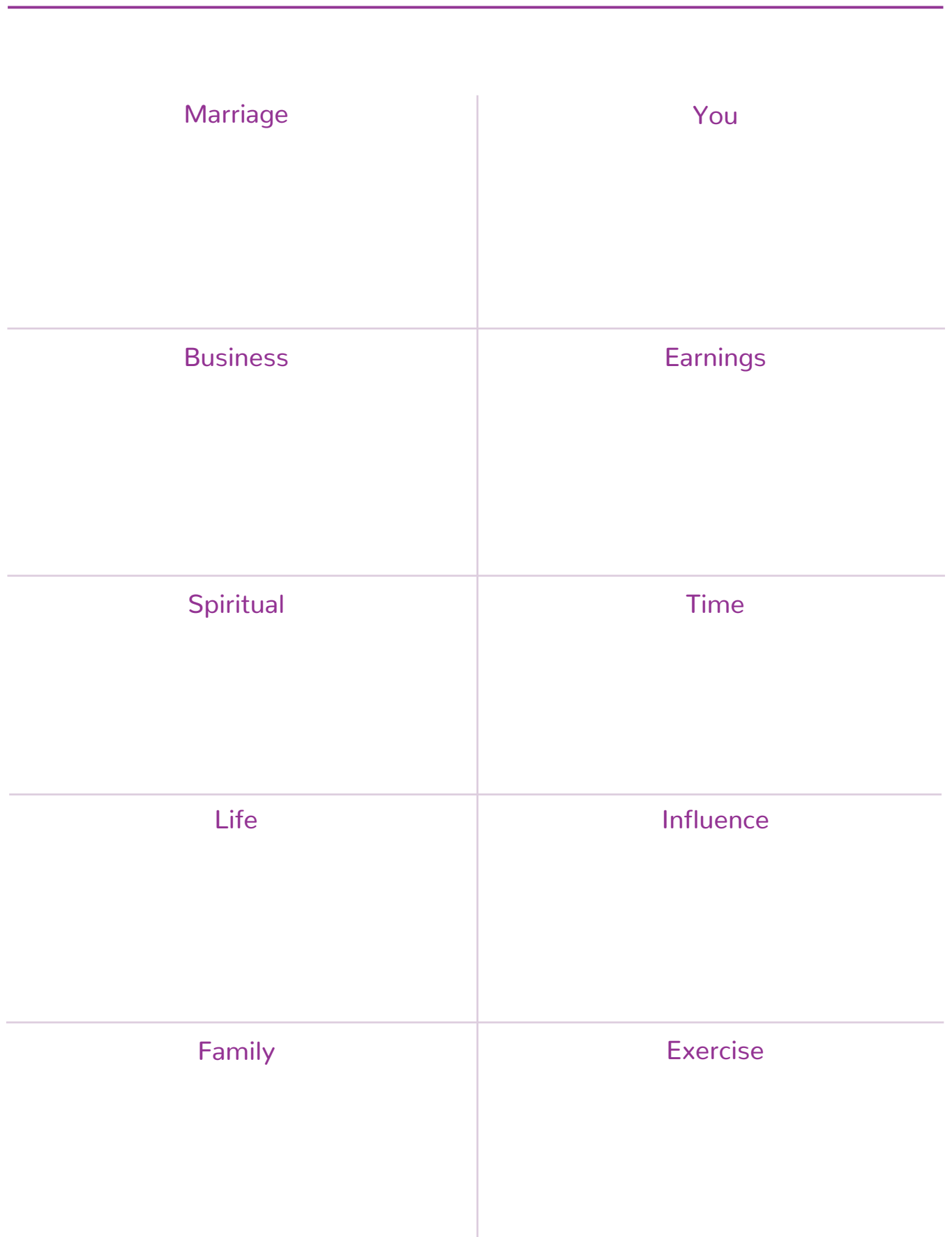
Task Name

Steps to take

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02	
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This exercise is designed to take a snapshot of your current situation across various categories. It helps you identify what you're satisfied with and what needs extra work. Here's how to do it: First, rate each category from 1 to 10, with one being totally unsatisfied and ten meaning you're over the moon. On the next page, note down what you're happy with (and why), then add what needs improvement and how you think you can enhance the situation.





MY RELATIONSHIPS

In this section, you'll rate your current relationships on a scale of 1 to 10. For each relationship, write down the current status and give it a rating. Additionally, note what you're happy with and what needs improvement. Explain why this relationship is important to you and reflect on how these relationships support the life you're trying to build.

Relationship

01	02	03	04	05	06	07	08	09	10
What are you happy with & what to improve									

Relationship

01	02	03	04	05	06	07	08	09	10
What are you happy with & what to improve									

Relationship

01	02	03	04	05	06	07	08	09	10
What are you happy with & what to improve									

Relationship

01	02	03	04	05	06	07	08	09	10
What are you happy with & what to improve									

SELF ASSESSMENT

On this worksheet, you can assess your wellbeing across multiple areas: physical, emotional, spiritual, and professional. At the end of this assessment, there is a section where you can note down the aspects you'd like to improve upon and how you plan to achieve these improvements.

I eat healthy foods



I get enough sleep



I exercise regularly



I rest when I'm sick



I take enough time off work



I have cool hobbies



I openly talk about my problems



I spend time with my friends



I spend time with a special someone



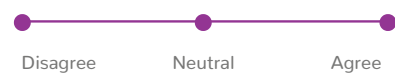
I feel very thankful



I'm happy with my work



I work on my professional skills



What would I like to improve and how:

List ten things you have a reason to be thankful for:

Even if they're really small things like warm sunrays on your face

How are my challenges making me learn:

For example if you have a conflict with someone, you may be learning how to handle yourself gracefully in difficult situations

The people in my life I'm really thankful for:

Make a list of special people in your life and why you're really thankful that you have them in your life

Things I'm looking forward to:

What are some great things/opportunities you're looking forward to. How can you have create more of these moments?

Make a list of your most recent positive experiences and the little things you can be grateful for. The purpose of this exercise is to help you appreciate all the good things happening in your life that you might otherwise overlook.

Today I'm grateful for:

- _____
- _____
- _____
- _____
- _____

People I'm grateful for:

- _____
- _____
- _____
- _____
- _____

Something awesome that happened:

- _____
- _____
- _____
- _____
- _____

My best memories:

- _____
- _____
- _____
- _____
- _____

Best parts of my day:

- _____
- _____
- _____
- _____
- _____

Things that made me smile:

- _____
- _____
- _____
- _____
- _____

AFFIRMATIONS

In this section, you'll write down positive affirmations that will impact the aspects of your life you're trying to improve. Always write your affirmations in the present tense using the pronoun "I." Use affirmative and positive words, avoiding terms like "can't," "won't," or "will not." For example, say "I am full of energy and always take action" instead of "I'm not lazy." It's important to make a habit of using these affirmations, especially when you find yourself doing the opposite of what you should be doing.

<h2>Marriage</h2> <p>ex. "Our love grows stronger every day, and we support each other unconditionally."</p>	<h2>You</h2> <p>ex. "I am confident, capable, and deserving of all the good things life has to offer."</p>
<h2>Business</h2> <p>ex. "My business is thriving, and I am achieving my goals with dedication and hard work."</p>	<h2>Earnings</h2> <p>ex. "I attract financial abundance, and my earnings continue to grow steadily."</p>
<h2>Spiritual</h2> <p>ex. "I am connected to my higher self and trust the journey of my spiritual growth."</p>	<h2>Time</h2> <p>ex. "I manage my time efficiently and always find balance in my daily activities."</p>
<h2>Life</h2> <p>ex. "I embrace life with gratitude and joy, making the most of every moment."</p>	<h2>Influence</h2> <p>ex. "I have a positive impact on those around me, and my influence inspires others."</p>
<h2>Family</h2> <p>ex. "My family is a source of love and support, and we cherish our time together."</p>	<h2>Exercise</h2> <p>ex. "I enjoy exercising and appreciate the strength and vitality it brings to my body."</p>

HABIT TRACKER

	Reading	Yoga	Mindfulness	Work Out	Walking	Work	Journal	Write	Family Time	Research
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HABIT TRACKER

	Reading	Yoga	Mindfulness	Work Out	Walking	Work	Journal	Write	Family Time	Research
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THINGS I WILL DO

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<input type="checkbox"/>		I Did It And Want To Do It Again And Again!
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THINGS I WILL DO

	Things I Will Do In My Lifetime	I Did It
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