

**Journal**

**Sample**

# What I Want

**Choosing a more fulfilling life starts with making decisions that create a life truly worth living. This journey begins by acknowledging your own desires instead of merely conforming to the expectations of those around you.**

**Jacqueline Gordon Cain**

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# What I Want

## My Journey

One day, I woke up to the realization that I had spent the first half of my life entirely focused on those around me. As a mother, wife, sister, aunt, cousin, friend, and more, I felt it was my duty to prioritize everyone else's happiness above my own.

I took on jobs, and other people's problems, joined organizations, and married for love while raising children, only to discover later in life that, despite all the positive experiences, I had neglected my own needs. Thus, I created this journal to inspire my family, especially the younger generations, to break free from following in others' footsteps and to embrace their true selves by actively living the life they desire.

Through prayer and seeking God's will for my life, I **FOUND ME.**

# What I Want



## Introduction

Knowing what you truly want in life is the foundation for living with purpose and intention. It's easy to get caught up in day-to-day routines, and what everyone around you wants, but when we take the time to reflect on our desires, we gain clarity about the direction we want to take. For me, understanding what I want means defining success on my own terms—whether it's in relationships, career, health, or personal fulfillment. This journey is about you ONLY. Don't get focused on other people during this time of discovering you.

What I want is to live a life that feels authentic, joyful, and meaningful. This requires not only dreaming big but also setting concrete goals and taking actionable steps toward them. Through self-awareness and determination, I'm on a journey to align my desires with my reality, knowing that every small win brings me closer to my vision of fulfillment.

This introduction sets the stage for deeper reflection and can lead to the steps or tips on achieving life goals. Feel free to adjust based on your personal vision!

# Trusting God

As I mentioned before, discovering God's will for my life helped me truly find LIFE. The key to uncovering God's plan isn't just about looking for specific answers; it's about pursuing a deeper relationship with Him. Here are some guiding principles to consider:

**Seek God First:** Make your relationship with God the priority. Spend time in prayer, worship, and studying the Bible to know His character and understand His ways. As you grow closer to Him, His will becomes clearer.

**Be Attentive to His Word:** The Bible is a primary way God reveals His will. Many aspects of His will are already laid out in Scripture—such as living a life of love, obedience, and faith. As you meditate on His Word, the Holy Spirit will guide you in applying it to your specific circumstances.

**Listen for the Holy Spirit:** God often speaks through the still, small voice of the Holy Spirit. Cultivate a habit of listening for that inner prompting and being sensitive to the Spirit's leading. This might involve moments of silence, meditation, or journaling.

**Surrender Your Own Plans:** Be willing to let go of your personal ambitions or preconceived ideas about what your life should look like. Trust that God's plans are higher and better than your own. Surrendering can create a space for God to direct your steps in surprising ways.

**Follow Peace:** God's will is often accompanied by a sense of peace, even if the path isn't easy. If a decision feels rushed, chaotic, or confusing, it may not be the right direction. Let God's peace be your guide.

**Seek Wise Counsel:** Sometimes God uses the people around you—mentors, pastors, or trusted friends—to confirm His direction for your life. Surround yourself with those who can offer wisdom and prayerful guidance.

**Be Obedient in the Small Things:** Sometimes we wait for big, life-changing directions when God simply calls us to be faithful in small tasks. Obedience in day-to-day decisions can gradually reveal the bigger picture of His plan.

**Trust His Timing:** God's will is often revealed gradually. Be patient, and trust that His timing is perfect. Even in seasons of waiting, God is preparing you for what's to come.

ng ways.

Ultimately, finding God's will is less about a specific formula and more about nurturing a lifestyle that prioritizes His presence and guidance. As you seek Him first, He will faithfully direct your path.

# **Self-Love and Mindfulness**

## **Practicing Daily Affirmations**

Daily affirmations are positive statements that help you focus on what you want to achieve while reinforcing a mindset of self-love and worthiness. They are powerful tools for changing negative thought patterns, boosting self-esteem, and fostering a healthier relationship with yourself.

### **To get the most out of affirmations:**

**Be Consistent:** Practice affirmations daily, ideally in the morning to set the tone for the day. You can also repeat them throughout the day whenever you need a boost.

### **Speak in the Present Tense:**

Frame your affirmations as if they are already true (e.g., "I am worthy of love and happiness" rather than "I will be worthy").

**Make It Personal:** Tailor your affirmations to resonate with your current goals and feelings.

**Use a Mirror:** Looking into your eyes while speaking affirmations can make them more impactful.

### **Here are a few examples of affirmations to help get you started:**

"I am enough just as I am."

"I love and accept myself unconditionally."

"I am deserving of success, love, and joy."

"Every day, I am growing and becoming a better version of myself."

Remember, affirmations are about rewiring your mind to believe in the positive things you desire for yourself. Over time, you'll notice a shift in your mindset and the way you approach life.

## **Finding Peace in the Present**

Mindfulness is about being fully present in the moment, without judgment. It involves tuning into your thoughts, feelings, and physical sensations as they arise, and accepting them with a sense of curiosity rather than criticism. This practice helps you develop a deeper connection with yourself and find inner peace.

# What I Want

**Without overthinking, imagine your ideal life  
and write it down here.**

# What I Want

**Here's an example of how to live the life you want:**

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Imagine you want to live a life where you're healthy, financially free, and surrounded by positive relationships. Here's how you can start making that a reality:

**Health:** If your goal is to be fit and energetic, you could commit to exercising 30 minutes a day, five times a week. You might also decide to cook more nutritious meals at home, replacing processed foods with fresh ingredients. These small changes, over time, will transform your health and energy levels.

**Financial Freedom:** To achieve financial stability, start by creating a budget and tracking your spending. You might set a goal to save a specific amount each month, cut back on unnecessary expenses, or explore ways to increase your income, such as picking up a side hustle or investing wisely. These efforts, done consistently, will move you toward financial freedom.

**Positive Relationships:** If you want to cultivate strong, supportive relationships, make time for the people who lift you up. Schedule regular catch-ups with friends or family, and focus on building deeper, more meaningful connections. Let go of toxic relationships and surround yourself with those who encourage and inspire you.

By taking these small, practical steps, you're not just dreaming about the life you want—you're actively building it, one day at a time.

# What I Want Dream Life



**Next we will look at the 4 major  
components of a fulfilled life.**

# What I Want

## My Dream Life

As we journey through life, clarity on what we truly want becomes the foundation for growth, peace, and fulfillment. Whether it's in the realm of spirituality, health, career, financial freedom, or personal relationships, having a clear vision is essential.

### 1. Spiritual Well-being

Begin by reflecting on your spiritual path. Whether you're looking to deepen your faith, practice mindfulness, or simply find inner peace, this section will guide you to discover what spiritual fulfillment means to you.

- What does spiritual alignment look like in your life?
- How do you want to grow in this area, and what practices resonate with your soul?

### 2. Physical Health & Wellness

Your health is your foundation. Consider what your body needs to thrive, whether it's physical fitness, nourishing food, or rest and relaxation.

- What health goals do you want to achieve?
- How do you envision feeling in your healthiest state?

### 3. Career & Financial Freedom (Job)

A fulfilling career and financial freedom are key to living life on your own terms. This section will guide you in identifying your professional goals and how to create a financial future that supports your dreams.

- What is your dream career or job?
- How does financial freedom look for you, and how would it change your life?

### 4. Personal & Love Life

Relationships are a vital part of your happiness, whether with yourself or with others. Explore what you want in your personal relationships, including self-love, family bonds, and romantic partnerships.

- What do you want in your personal relationships and love life?
- How do you envision being loved, and how can you love yourself more?

Date: \_\_\_\_\_

## Personal & Love Life

# My Dream Personal & Love Life

Imagine living each day with a deep sense of love, connection, and fulfillment—both within yourself and in your relationships. Your best personal and love life begins with self-love, the foundation that allows you to set healthy boundaries, attract positive relationships, and live authentically. Picture yourself surrounded by people who uplift, support, and cherish you, and in return, you radiate the same love and kindness. Write in the space below what would be your dream personal & love life.

# What I Want- Feelings

**Express your emotions and feelings here—whether they are good, bad, or somewhere in between. Sometimes, transferring your thoughts from your mind to paper can be incredibly helpful.**

# Prayers

**Prayers - Please jot down any prayers you would like God to answer.**

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