

# 60 Days to Living Your Best Life" Journal

#### THANK YOU

Thank you for purchasing this 60 Days to Living Your Best Life" Journal. May the Lord bless and keep you always.

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# Introduction to "60 Days to Living Your Best Life" Journal

Welcome to the "60 Days to Living Your Best Life" journal! This journal is designed to be a transformative journey, guiding you through daily reflections that will inspire and empower you to live your best life. Over the next 60 days, you will embark upon encouragement and detailed information to help you move into living your BEST life.

#### The Importance of Knowing Yourself to Live Your Best Life

Understanding yourself is crucial to living your best life because it forms the foundation for authentic and fulfilling experiences. When you truly know your strengths, weaknesses, passions, and values, you can make informed decisions that align with your true self, leading to greater satisfaction and happiness. Self-awareness allows you to set meaningful goals, build healthier relationships, and navigate life's challenges with resilience and clarity. It helps you recognize what truly brings you joy and purpose, enabling you to focus your time and energy on activities and pursuits that resonate with your core identity. Ultimately, knowing yourself fosters a deeper sense of contentment and well-being, empowering you to live a life that is not only successful but also genuinely fulfilling.

#### **Bonus**

#### Scripture Journal (Included at the end of this journal)

The Bible is a rich source of wisdom and guidance, offering timeless principles for living a fulfilling and meaningful life. By dedicating time each day to reflect on God's Word, you can gain clarity and understand God's plan and purpose for your life through the following:

- Find Peace: Experience the tranquility of trusting in God's promises.
- Build Strength: Draw on scripture's strength and courage in challenging times.
- **Grow Spiritually:** Deepen your relationship with God through daily reflection and prayer.
- **Cultivate Joy:** Discover the joy and contentment that come from living in alignment with God's will.

### Introduction to the author of "60 Days to Living Your Best Life" Journal-Jacqueline Gordon Cain

Welcome and congratulate you for taking the first step in "Living Your Best Life". I am Jacqueline Gordon Cain and I would like to share my journey and the wake-up call that helped me to start making the changes to live my best life. Despite facing the devastating diagnosis of breast cancer in 2013, I also tragically endured the heart-wrenching loss of my beloved daughter at the young age of 23 in a matter of days after my cancer diagnosis. Yet, I refused to let these tragedies define me. Instead, I used these experiences as a catalyst, for personal growth and transformation.

Throughout my battle with cancer and losing my daughter, I discovered the power of resilience, self-care, and positivity. I learned to prioritize my well-being and embrace a holistic approach to living my best life without regrets. My newfound perspective and determination inspired me to share this wisdom with others.

This unimaginable grief could have easily consumed me, but I chose to trust God and honor my daughter's memory by finding solace and purpose in writing and encouraging others. With this newfound courage, I wrote my first book, "How to Trust God When Everything Goes Wrong," which is available on Amazon. I wrote it to share hope with others who are discouraged and in need of encouragement. Writing this book turned my pain into motivation, allowing me to connect with others who have faced similar hardships or feel stuck in life, because of a painful experience(s).

This book, "60 Days to Living Your Best Life," is a testament to resilience and commitment to helping others find their path to fulfillment. These pages offer practical guidance, thought-provoking exercises, and heartfelt anecdotes to guide readers toward living their best lives. You will gain Inspiration by learning from real-life examples of individuals who have successfully transformed their lives and are now living to the fullest.

As a speaker, I like to share my story which often captivates audiences with authenticity and relatability. I love sharing practical tools, empowering individuals to overcome obstacles, cultivate resilience, and create a life of purpose and joy.

As you can see, my personal experiences have shaped my life into a compassionate and insightful guide, offering hope and inspiration to those who are navigating their own challenges.

Join me on this mission to empower individuals to overcome setbacks, find inner fulfillment, and live their best lives. Together, let's discover the resilience and joy that can be found in embracing life's twists and turns.

Let's GO....

### Introduction to the author of "60 Days to Living Your Best Life" Journal-Jacqueline's Tips

Two of my biggest obstacles in making the change to live my best life were "FEAR" and "Procrastination". Through my research, I discovered that these are common challenges for many people, who aspire to transform their lives. Here are some tips to help you move forward and overcome these two barriers.

During challenging moments, people may experience a range of fears and uncertainties, which can lead to procrastination. Here are some common fears that individuals may face:

- **Fear of Failure:** Many people fear that they will not be able to overcome the challenges they are facing and that they will ultimately fail. This fear can stem from a lack of confidence in their abilities or a fear of the unknown.
- **Fear of Uncertainty:** Challenging moments often come with a sense of uncertainty about the future. People may fear not knowing what will happen next or how things will unfold. This fear can be particularly strong when there is a lack of control or predictability.
- **Fear of Rejection or Judgment:** Some individuals may fear being rejected or judged by others during challenging times. They may worry about how others will perceive them or whether they will be accepted and supported. This fear can sometimes lead to a reluctance to seek help or share their struggles.
- **Fear of Change:** Challenging moments often require individuals to adapt and make changes in their lives. This can be daunting and may trigger a fear of stepping out of their comfort zone or facing the unknown. The fear of change can be a barrier to growth and progress.
- **Fear of Loss:** Challenging moments can involve the loss of various things, such as relationships, opportunities, or a sense of security. People may fear losing what they hold dear and may struggle with the grief and uncertainty that comes with it.

# Best Example: Living Your Best Life

#### **Pursuing a Passion for Music**

Imagine someone who has always loved music but has been working in a non-creative job for years. They decide to pursue their passion for music full-time, and here's how they go about living their best life:

#### **Identifying the Passion**

Why: Music has always been their source of joy and self-expression. It provides a deep sense of fulfillment that they haven't found in their current job. Impact: This realization motivates them to make a change, as they understand that pursuing music is crucial for their happiness and personal growth.

#### Finding Fulfillment, Joy, and Satisfaction

By immersing themselves in music, they experience greater joy and satisfaction in their daily life. They grow both personally and professionally, gaining confidence, skills, and a sense of purpose.

By pursuing their passion for music, they are living their best life. They have aligned their daily activities with their deepest interests and values, leading to a more fulfilling and enriched existence. Their journey is marked by continuous learning, creativity, and connection with others who share their passion. This transformation demonstrates that living your best life involves courage, dedication, and a clear understanding of what truly brings you joy and purpose. The next section is an example of how to start pursuing your passion, which is also outlined throughout this book in more detail.

# 21 Great Examples of Living Your Best Life And Pursuing a Passionate Career/Purpose

These examples illustrate various aspects of living your best life, from pursuing passions and maintaining balance to serving others and advocating for change. Each individual's journey offers valuable lessons and inspiration for leading a fulfilling and meaningful life.

## 21 Great Examples of Living Your Best Life Pursuing a Passionate Career

#### **Billy Graham**

Details: Known as one of the most influential Christian evangelists of the 20th century. He preached to millions worldwide, bringing countless people to Christianity through his crusades, books, and media appearances.

#### Steve Jobs, co-founder of Apple Inc.

Detail: Despite facing numerous setbacks, Steve Jobs pursued his passion for technology and innovation, revolutionizing multiple industries and creating products that changed the world. His dedication to his vision and willingness to take risks exemplify living a fulfilling and impactful life.

#### **Practicing Gratitude**

### **Oprah Winfrey, media mogul and** philanthropist.

Detail: Oprah frequently speaks about the power of gratitude and has maintained a gratitude journal for years. Her practice of consistently recognizing and appreciating life's blessings has contributed to her overall happiness and success.

#### **Serving Others**

Mother Teresa, was a Catholic nun and missionary.

Detail: Mother Teresa dedicated her life to serving the poor and sick, founding the Missionaries of Charity Her selfless acts of kindness and compassion left a profound impact on countless lives, illustrating the joy and fulfillment that come from helping others.

#### Living a Healthy Lifestyle

# Serena Williams is a professional tennis player.

Detail: Serena's commitment to physical fitness, nutrition, and mental health has been pivotal in her becoming one of the greatest athletes of all time. Her disciplined lifestyle serves as a model for achieving excellence and longevity in one's career.

#### **Cultivating Positive Relationships**

# Example: Fred Rogers, a television personality.

Detail: Known for his genuine kindness and ability to connect with people, Fred Rogers emphasized the importance of nurturing relationships and treating others with respect and love. His legacy lives on through the positive impact he had on millions of children and adults.

# How Did These Inspirational Figures Prospered by Doing What They Loved?

These individuals prospered by aligning their careers and actions with their passions, often overcoming significant challenges, and making impactful contributions to their fields and society. Their lives exemplify how dedication, authenticity, and a commitment to one's passions can lead to profound personal and professional fulfillment.

#### **Steve Jobs**

#### Passion: Technology and innovation

Prosperity: Co-founded Apple Inc., revolutionized multiple industries (computing, music, mobile phones), and created iconic products (Mac, iPhone, iPad) that defined modern technology.

#### **Oprah Winfrey**

#### Passion: Media and communication

Prosperity: Became a media mogul through "The Oprah Winfrey Show," founded OWN (Oprah Winfrey Network), and built a multimedia empire by connecting deeply with audiences and promoting positive, inspirational content.

#### **Mother Teresa**

#### Passion: Serving the poor and sick

Prosperity: Founded the Missionaries of Charity, helped countless people worldwide, and received the Nobel Peace Prize, leaving a lasting legacy of compassion and humanitarian service.

#### Serena Williams

#### **Passion: Tennis**

Prosperity: Became one of the greatest athletes of all time, winning 23 Grand Slam singles titles, earning significant prize money and endorsements, and inspiring a generation of athletes.

# The Secret to Finding Your Passion

# The Secret to Finding Your Passion

Finding your passion can be a deeply fulfilling journey, involving self-discovery, exploration, and reflection. Here are some key steps to help uncover your true passion:

#### **Self-Reflection**

Journaling: Spend time writing about what activities or topics make you feel most engaged and excited. Reflect on your past experiences and note moments when you felt truly happy and fulfilled.

Strengths and Talents: Identify your natural strengths and talents. Consider what you excel at and enjoy doing, as these can often point towards your passions.

#### **Explore New Activities**

Experiment: Try out new hobbies, activities, or subjects that interest you. Exploration can help you discover interests you might not have considered before.

#### Volunteer

Volunteering for different causes can expose you to various fields and give you insight into what truly resonates with you.

#### **Remove Fear**

Fear can keep you from being successful.

Fear is a powerful emotion that can significantly hinder your ability to achieve success.

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#### Seek Feedback

Ask Others: Talk to friends, family, and colleagues about what they see as your strengths and what activities they think you are most passionate about.

Mentors: Seek guidance from mentors who can provide valuable insights and help you identify potential passions based on their observations and experiences.

#### **Pay Attention to Your Emotions**

Joy and Excitement: Notice what activities bring you joy and excitement. Passion is often accompanied by a sense of enthusiasm and eagerness.
Flow State: Identify activities where you lose track of time and feel completely absorbed. This state of flow is a strong indicator of true passion.

#### **Reflect on Childhood Interests**

Early Enthusiasms: Think back to what you loved doing as a child. Childhood interests can provide clues to your core passions before external expectations and responsibilities influence your choices.

# Top 10 Activities or Pursuites You Enjoy (Passion)

1.

2.

3.

**4**.

5.

6.

7.

8.

9.

10

# Top 3 Activities or Pursuites You Enjoy

1.

2.

3.

# Personal Strengths Assessmet

# **Personal Strengths Assessment**

| This strengths assessment is designed to help you identify your core strengths and talents. Reflect honestly on each question and rate your responses to uncover patterns and insights into your unique abilities.  Instructions | I am good at organizing tasks and managing my time.  1 2 3 4 5 |
|--|--|
| For each statement below, rate   |  |
| yourself on a scale from 1 to 5,   | I can easily understand and                                    |
| where:   | analyze complex information.                                   |
| 1 = Strongly Disagree  |  |
| 2 = Disagree   | 1  |
| 3 = Neutral  | 2  |
| 4 = Agree  | 3  |
| 5 = Strongly Agree   | 4  |
|  | 5  |
| Part 1: Personal Abilities  I am good at solving problems  | I am empathetic and can understand other people's              |
| and finding solutions.   | feelings.  |
| O  | 1  |
| 1  | $\frac{1}{2}$  |
| 2  | $\frac{2}{3}$  |
| 3  | 4  |
| 4  | 5  |
| 5  | I am confident in leading and                                  |
| I can communicate my ideas clearly and effectively.  | motivating others.   |
|  | 1  |
| 1  | <b>2</b>   |
| 2  | 3  |
| 3  | 4  |
| 4  | 5  |
| 5  | I can adapt quickly to new                                     |
| I am creative and enjoy coming   | situations and challenges.                                     |
| up with new ideas.   |  |
| 1  | 1  |
| 2  | 2  |
| 3  | 3  |
| 4  | 4  |



# Things You Love To Do and The Importance of Understanding the "**Why**" in Any Situation

Understanding the "why" behind any situation is crucial because it provides clarity, motivation, and direction. Here are some key reasons why understanding the "why" is so important.

#### **Clarity and Focus:**

Knowing the underlying reason or purpose helps you see the bigger picture, making it easier to navigate through challenges and uncertainties. It allows you to prioritize tasks and make informed decisions that align with your ultimate goals.

#### **Motivation and Drive:**

Understanding the "why" fuels your motivation and commitment. When you know the reason behind your actions, it becomes easier to stay dedicated and push through obstacles, as you have a clear sense of purpose driving you forward.

#### **Resilience and Perseverance:**

In difficult times, the "why" serves as an anchor, helping you stay resilient and persevere. It reminds you of the

importance and value of your efforts, making it easier to endure hardships and keep moving towards your goals.

#### **Alignment and Consistency:**

Understanding the "why" ensures that your actions are aligned with your values and long-term objectives. It helps maintain consistency in your efforts, as you are constantly reminded of the reason behind what you are doing.

#### **Improved Decision-Making:**

When you understand the "why," you are better equipped to evaluate options and make decisions that are in line with your purpose. This leads to more effective and meaningful outcomes, as your choices are guided by a deeper understanding of your goals.

#### **Connection and Communication:**

Knowing the "why" helps you communicate your purpose and vision to others more effectively. It fosters a sense of connection and shared understanding, which is crucial for building relationships, inspiring teamwork, and gaining support.



#### Possible Activities and Interests (Passions)

- Reading Books
- Writing (stories, articles, journals)
- Studying The Bible
- Traveling
- Teaching
- Organizing
- Science Projects
- Inventor
- Cooking/Baking
- Playing Sports
- Gardening
- Playing Musical Instruments
- Drawing/Painting
- Photography
- Dancing
- Hiking/Camping
- Volunteering
- Learning New Languages
- Solving Problems
- Beauty- Makeup, Hair, etc.
- Exercising/Fitness
- Meditating
- Crafting (knitting, scrapbooking)

- Technology and Coding
- Video Gaming
- Corporation/Business
- Landscaping
- Fashion and Styling
- Volunteering and Community Service
- Sports and Outdoor Activities
- Social Media Content Creation
- Medical Field \_\_\_\_\_
- DIY Projects and Home Improvement
- Leadership
- Pet Care and Animal Welfare
- Politics
- Spiritual Wellness
- Finances
- Environmental Activism
- Outdoor Living

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|-------------------|--|
|                   |  |

# (10) Short Passion Discovery Questionnaire

What activities do you enjoy doing in your free time?
(e.g., reading, playing sports, painting, coding, etc.)

What topics do you often find yourself reading, watching, or learning about? (e.g., science, history, technology, art, etc.)

When was the last time you felt excited or deeply engaged in an activity? What were you doing?

What activities or topics make you lose track of time because you are so engrossed in them?

If money and time were no obstacles, what would you spend your days doing?

What kind of impact do you want to have on the world or people around you?

What types of problems or challenges do you find most interesting or fulfilling to solve?

Who do you admire the most, and what do they do that inspires you?

If you could learn a new skill or craft instantly, what would it be? Why?

How do you feel when you're doing something you love? Describe the emotions or physical sensations.

# This table helps in organizing and visualizing your 60-day plan, making it easier to follow and track your progress.

| Weekly Planner |                            |                      |                             |  |
|----------------|----------------------------|----------------------|-----------------------------|--|
| Day            | Goal-Related<br>Activities | Health &<br>Wellness | Relationship &<br>Community |  |
| Monday         |                            |                      |                             |  |
| Tuesday        |                            |                      |                             |  |
| Wednesday      |                            |                      |                             |  |
| Thursday       |                            |                      |                             |  |
| Friday         |                            |                      |                             |  |
| Saturday       |                            | •                    |                             |  |
| Sunday         |                            | •                    |                             |  |

| Weekly Planner |                            |                   |                             |  |
|----------------|----------------------------|-------------------|-----------------------------|--|
| Day            | Goal-Related<br>Activities | Health & Wellness | Relationship &<br>Community |  |
| Monday         |                            |                   |                             |  |
| Tuesday        |                            |                   |                             |  |
| Wednesday      |                            |                   |                             |  |
| Thursday       | 40                         |                   |                             |  |
| Friday         | •                          |                   |                             |  |
| Saturday       |                            |                   | W.                          |  |
| Sunday         |                            |                   |                             |  |

This long-term plan helps ensure that you remain engaged with your passions and continue to grow and evolve. Regular reflection, adjustments, and celebrating achievements are key to sustaining motivation and progress.

| Example of a Monthly Planner |  |   |   |
|------------------------------|--|---|---|
| Month                        | Goal-Related<br>Activities   | Health & Wellness                           | Relationship & Community                                    |
| Month 1                      | Reflect on long-<br>term goals, set<br>SMART goals,<br>and create an<br>action plan. | Establish a<br>regular exercise<br>routine. | Join or re-engage with a community group.                   |
| Month 2                      | Schedule<br>regular check-<br>ins and start<br>implementing<br>the action plan.      | Focus on<br>balanced<br>nutrition.          | Plan and attend social events with like-minded individuals. |
| Month 3                      | Enroll in<br>advanced<br>courses and<br>seek<br>mentorship.                          | Practice<br>mindfulness<br>regularly.       | Seek new networking opportunities.                          |
| Month 4                      | Reflect on progress, celebrate achievements, and expand horizons.                    | Maintain<br>consistent<br>health practices. | Volunteer for community projects.                           |
| Month 5                      | Continue implementing the action plan and adjust as needed.                          | Try new<br>wellness<br>activities.          | Strengthen existing relationships.                          |
| Month 6                      | Review<br>progress, adjust<br>goals, and plan<br>for the next<br>phase.              | Focus on mental<br>well-being.              | Engage in collaborative projects with peers.                |

This long-term plan helps ensure that you remain engaged with your passions and continue to grow and evolve. Regular reflection, adjustments, and celebrating achievements are key to sustaining motivation and progress.

| Example of a Monthly Planner |                            |                   |                          |
|------------------------------|----------------------------|-------------------|--------------------------|
| Month                        | Goal-Related<br>Activities | Health & Wellness | Relationship & Community |
| Month 1                      |                            |                   |                          |
| Month 2                      |                            |                   |                          |
| Month 3                      |                            |                   |                          |
| Month 4                      |                            |                   |                          |
| Month 5                      |                            |                   |                          |
| Month 6                      |                            |                   | uelinecain.org           |

This long-term plan helps ensure that you remain engaged with your passions and continue to grow and evolve. Regular reflection, adjustments, and celebrating achievements are key to sustaining motivation and progress.

| Detailed Action Steps  |   |                |  |
|--|---|----------------|--|
| Goal   | Action Steps  | Timeframe      |  |
| Deepen Knowledge   | Enroll in an online course or workshop related to your passion.                       | Next 2 weeks   |  |
| Network  |   | Monthly        |  |
| Seek Mentorship  | Reach out to a potential mentor and schedule regular meetings.                        | Next 1 month   |  |
| Expand Horizons  | Start a new project<br>that applies your<br>passion in a different<br>context.        | Next 2 months  |  |
| Regular Check-Ins  | Schedule bi-weekly<br>review sessions to<br>track progress and<br>adjust plans.       | Bi-weekly      |  |
| Reflect and Celebrate  | Take time at the end of each month to reflect on progress and celebrate achievements. | Monthly        |  |
| Review and Plan Ahead  Evaluate overall progress every three months and set new goals as needed. |   | Every 3 months |  |



# 60 Days To Your Best Life Daily Spiritual Affirmation

## Scripture Journal

#### Why a Scripture Journal?

The Bible is a rich source of wisdom and guidance, offering timeless principles for living a fulfilling and meaningful life. By dedicating time each day to reflect on God's Word, you can gain clarity and understand God's plan and purpose for your life through the following:

- Find Peace: Experience the tranquility of trusting in God's promises.
- **Build Strength:** Draw on scripture's strength and courage in challenging times.
- **Grow Spiritually:** Deepen your relationship with God through daily reflection and prayer.
- Cultivate Joy: Discover the joy and contentment that come from living in alignment with God's will.

#### How to Use This Journal

- 1. **Scripture**: Each day, you will find a new scripture to meditate on, along with a structured format for reflection and personal application. The full text of the scripture is provided for deeper contemplation.
- 2. **Reflection:** This section includes key insights to help you understand the context and message of the verse. Take a moment to reflect on its meaning and how it speaks to you.
- 3. **Personal Thoughts:** Write down your thoughts on what the scripture means to you personally. Consider how it applies to your current life situation.
- 4. **Application:** Think about practical ways you can live out the teachings of the scripture today. How can it influence your decisions, actions, and attitudes?
- 5.**Prayer:** Conclude with a personal prayer, asking God to help you incorporate the scripture into your life and thanking Him for His guidance. jacquelinecain.org

### 60 Days To Your Best life

Each scriptures provides guidance on living your best life, along with brief details on each:

#### \*\*EXAMPLE\*\*

#### Scripture of the Day

Jeremiah 29:11

#### **Scripture Reference**

"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."

#### Reflection

#### **Key Insights:**

- God has a specific plan for my life.
- His plans are for my well-being and not for harm.
- He promises a hopeful future.

## Personal Thoughts: What does this scripture mean to me?

This verse reassures me that no matter the challenges I face, God has a good plan for my life.

#### How can I apply this scripture to my life today?

I can trust in God's guidance and remain hopeful, knowing that He has my best interests at heart.

#### **Prayer**

Lord, help me to trust in Your plans for my life. Thank You for giving me hope and a future. Guide me in Your ways and let me live according to Your will.

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# Purchase the full journal on www.amazon.com