



Name:

# Your Life Design Journal

An Invitation to Live Your Best Life  
with The Happiness Advantage

Janine van Someren PhD



This sample life coaching journal offers an opportunity to explore your life goals using the transformational coaching process that encourages a review of your resources, what qualities can help you achieve your goal and examine any challenges which you may face in achieving your goals.

Through an exploration of your goals you are encouraged to assess how your goals aligns with your values. As your coach I would advise you to reflect on all aspects of your life experience including, relationships, finances, career, hobbies, health, passions and wellbeing.

The success of Your Life Design will be enhanced by your commitment to the process combined with the the accountability of working alongside me as your life coach and your personalised one to one coaching programme.

You'll gain the clarity and confidence to take the next step in your life and I'll be there to facilitate growth and challenge your blocks if required.

I can't wait to hear from you as you embark on this exciting, life transforming process.

*Janine*

Janine van Someren PhD

# Exploring My Life Goals

My Goal

What do I need to do to achieve this goal?

What qualities do I possess that will help me achieve this life goal?

What challenges do I expect to face in achieving this life goal?

Why do I want to achieve this goal? How does it align with my values?

# My Daily Goals

DATE

TODAY I'M EXCITED ABOUT:

Morning

To Do

Afternoon

To Do

Evening

To Do

What I'm grateful for:

What I hope for tomorrow:

Reflect on the learnings so far, acknowledge your successes  
and celebrate Your Life Design journey

# My Reflections

To continue your transformational journey and gain greater support & accountability in achieving your goals find out more about Janine's Programmes [The Happiness Advantage](#) and follow her on [Instagram](#) for continued inspiration & advice