

JOURNALING

FOR CREATING YOUR
FUTURE SELF



WORKBOOK

DREAM LIFE CREATE

Welcome!

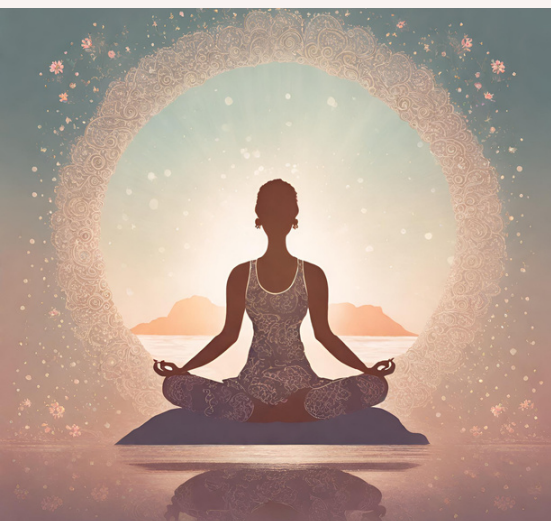
I'm Colleen -founder of Dream Life Create. I help soul led people (such as yourself) reprogram their mind in order to create the abundant life their soul came to experience. Change begins within.

The questions in this journal are designed for you to create a clear vision about WHO you are becoming. The Universe can ONLY respond to clarity.

Abundance is natural. It is your birthright. Abundance is the sun shining bright and your limiting beliefs are the blinds that attempt to shut the sun out. The sun shines regardless. You just might not see it. My mission is to help you OPEN THOSE BLINDS. its time to let the sun shine.

xoxo,

Colleen Elizabeth



CREATE
A LIFE
YOU LOVE

JOURNALING PROMPTS

1. Visualize Your Future Self: Imagine yourself five years from now in vivid detail. What does your life look like? What accomplishments have you achieved? Reflect on what steps you took to get there.

2. Define Success on Your Terms: In your future vision, what does success mean to you? Is it financial independence, personal growth, happiness, or something else? Dig deep to define success in your most authentic terms.

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3. Identify Your Non-Negotiables: What are the things you're not willing to compromise on in your future? These could be values, goals, relationships, or lifestyle choices. Identify them and understand why they are important to you

4. Overcoming Obstacles: Think about the current obstacles that might prevent you from reaching your future self. How did you overcome them? Visualize the strategies you employed and the resilience you demonstrated.

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5. Your Support System: Who are the people that helped you along the way? Imagine how your relationships evolved and how these individuals contributed to your success. Consider how you nurtured these relationships over time.

6. Daily Habits and Routines: What daily habits or routines did you develop that significantly contributed to your success? Describe these practices and explain why they were effective in helping you reach your goals.

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7. Moments of Doubt: Reflect on moments of doubt or hesitation you might encounter on your journey. How did you regain your confidence and keep moving forward? Describe the inner dialogue that helped you overcome these feelings.

8. Turning Points: Identify key decisions or turning points that had a significant impact on your path. What led you to make these decisions, and how did they align with your ultimate vision for yourself?

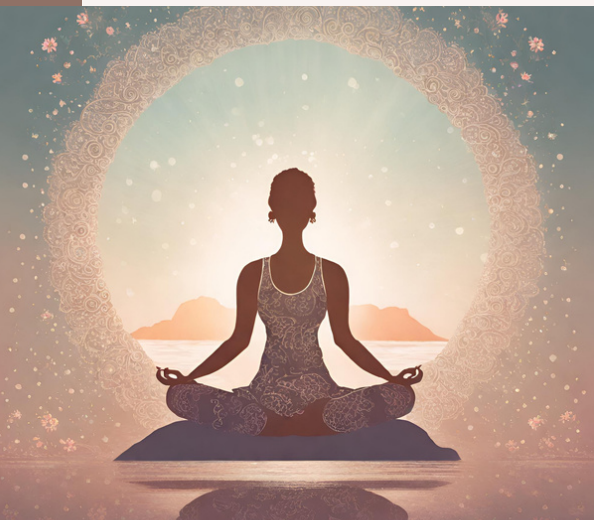
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9. Your Legacy: Think about the legacy you wish to leave behind. How did you impact your community, industry, or the world at large? What are the core messages or values you hope to be remembered for?

10. You are the gatekeeper of your mind. what thoughts would your future self be thinking? What would be their dominant emotions? Can you practice thinking and feeling that way now?



LOOKING FOR SUPPORT ON YOUR JOURNEY?



Unlock your fullest potential and conquer your deepest fears with our tailored coaching and hypnotherapy sessions. Let me guide you on a transformative journey where you'll emerge empowered, enlightened, and ready to seize every opportunity life throws your way.

We're here to make sure YOU WIN. PERIOD.

[Dreamlifecreate.com](https://dreamlifecreate.com)