

design your dream life

journal



CREATED FOR YOU BY WIDOW 411

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Welcome, my widowed friend

I know how hard it is to imagine a "dream" life without your loved one in it because I've been where you are...stuck in the grief part of your brain (and heart).

You've looked at your life through a grief lens for so long you're not sure there's another way.

But wouldn't it be fun to break through your grief plateau and imagine what else is possible in your life and in your future anyway?

What if grief didn't have to be front and center all day every day? What if you could imagine (and begin living) your dream life with grief in tow? It's possible with a little clarity. One thing I know for sure is that if you don't gain clarity on your dream life, you can't possibly turn it into reality. There's truly only one big difference between people who are living their dream lives, and those who continue to simply daydream about a better future.

That difference is clarity. And that's exactly what this journal was designed to help you achieve.

If you're ready to cut through grief and its confusing aftermath and finally figure out what you truly desire, then let's put your dream life on paper, shall we?

Kim Murray

How to use this journal

Your journal is a completely personal space where you can be 100% honest with yourself. You don't have to share your journal with anyone, ever, so you're free to be as vulnerable, open, and real with yourself as possible. In fact, I encourage it. The more you use this journal with intention, the more you'll start to see your life transform.

This is your space to dream big without inhibition. These eye-opening prompts are designed to help you really understand what you want out of life, in every area from relationships to career to fitness.

Before we dive in, though, know this: It's okay and totally normal to feel resistance to some (or all) of these prompts. Many of them are direct, pointed questions and you can take as much time as you need to answer them.

Now, let's do this!



“

*I write because I don't know
what I think until I read
what I say*

-Flannery O'Connor

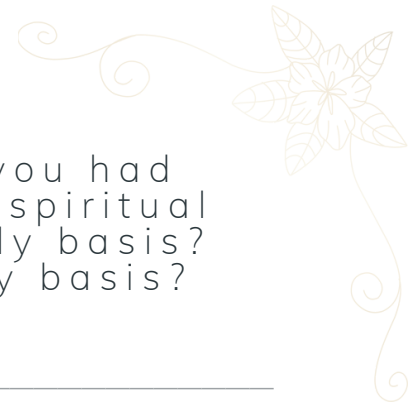


INTELLECTUAL
growth



SPIRITUAL
growth

What spiritual practices do you wish you had more time for? In a perfect world, what spiritual practices would you engage in on a daily basis? How about a weekly, monthly or yearly basis?



Lined writing area for response. The page contains 22 horizontal lines for writing.

What role would spirituality play in your life
in your dream life? A small role? A big one?



A series of 20 horizontal lines provided for writing a response to the question.

What spiritual goals would you love to achieve in your life? Would you learn to trust your intuition, do shadow work or pray on the daily? Why?



A series of horizontal lines for writing, consisting of 22 evenly spaced lines that fill the majority of the page below the introductory text.



FAMILY



HOUSE &
home



How do you feel in your home? How do you want others to feel in your home?

A series of horizontal lines for writing.



Do you own more than one home or call more than one place home? If so, where are your other homes?

A series of horizontal lines provided for writing the answer to the question above.



FRIENDSHIPS &
social life

How do you FEEL around your closest friends?
What are they like? Why do you love them so much?



Lined writing area with 20 horizontal lines for text entry.

What things do you do with your friends?
Do you have any shared activities or interests?



A series of horizontal lines provided for writing answers to the questions above. The lines are evenly spaced and extend across the width of the page, starting below the text and ending near the bottom of the page.

How do you keep in touch? How often do you see your friends? What do you do together?



Lined writing area consisting of 20 horizontal lines for text entry.

Is there anyone specifically you'd like to be closer to and you imagine as your "inner circle" in your dream life?



A series of horizontal lines for writing, spanning the width of the page below the question.



ROMANTIC
relationships



HEALTH &

fitness

Your body is an incredible tool that allows you to live out your dream life. So, in your dream life, how do you feel ABOUT your body?



A series of 20 horizontal lines for writing, arranged in a column on the left side of the page.



ADVENTURES &
experiences



BUSINESS &

career



FINANCES



final reflections

Congratulations!

You've made it to the end and hopefully feel a lot more clear about what you want (and don't want) in your dream life.

If you've never done this exercise before, it should have opened your eyes to ideas you've never even dared to put on paper. By visualizing the future you want, describing your plan, and welcoming opportunities with an open mind, your mind starts to see possibilities where there were none.

Using this journal is a vital tool in helping you achieve your purpose and fulfill your dreams by giving your brain a rest and allowing your heart and soul to have a say about what you truly desire.

Our dream lives can change over time (just like our desires), so feel free to revisit this journal anytime you need to rediscover or rework your vision for your one wild, precious life.

When your goals and visions change, I hope you use this journal to block out all the external noise and provide a much-needed dose of clarity around what you want.

Great job!

Kim Murray