

# LIFE BOOK

People can struggle with the complexities of modern living with the pressures and expectations of society, often then feeling a sense of dissatisfaction, frustration and lack of fulfilment. A life book is a powerful tool to design your life and make intentional choices, defining your values, creating meaning and a roadmap for personal growth and success. With this life book you will gain clarity, direction and purpose.

*By Emily Schmidt xo*



# LIFE JOURNEY

*Don't settle for a life that feels unfulfilled, unlock your potential and start designing your life today.*



By creating a life book, you can gain clarity, **direction**, and a sense of **purpose** in their lives. It will empower you to make **conscious decisions**, align your actions with your values, and live a life that is authentic and **fulfilling**. With a well-designed life book, you can unlock your potential, cultivate **positive** habits, and **create** a life that brings them joy, meaning, and **success**.

Your goal is your true north and your values are your compass. Your actions embody the values of your desired life. If your goal is to be married your valued action can be being a loving and caring person.

# DAILY CHECKLIST



6-8 hours of sleep



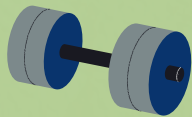
Hygiene and personal care



Consume healthy foods



Learning



Exercise



Meditation



Journaling

*We are what we repeatedly do...*

# DAILY GRATITUDE

DATE

S M T W T F S

TAKE A **MOMENT** EACH **DAY**  
TO REFLECT ON THE THINGS  
YOU'RE **THANKFUL** FOR

THREE THINGS IN MY PERSONAL LIFE I AM GRATEFUL FOR

1

---

---

---

2

---

---

---

3

---

---

---

THREE THINGS ABOUT MYSELF I AM GRATEFUL FOR



---

---

---

THREE THINGS ABOUT WORK I AM GRATEFUL FOR

---

---

---

*Daily Affirmation:*

**SOMETHING THAT  
INSPIRED ME TODAY**

**PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE**





# Current

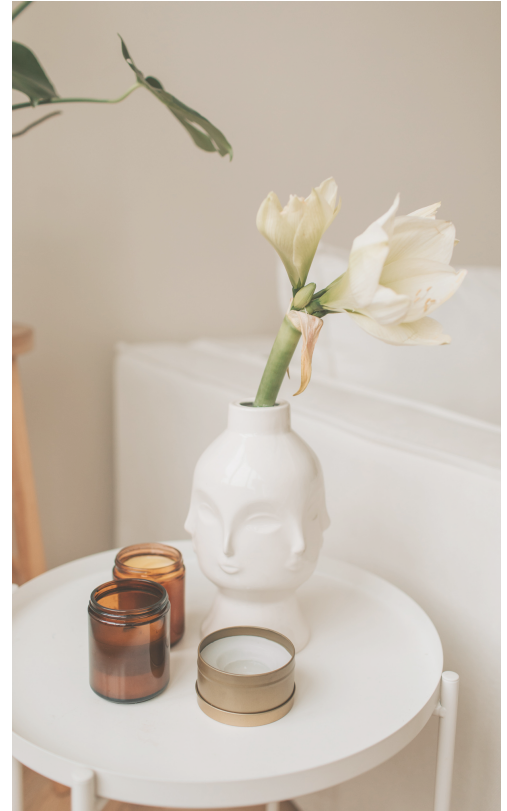
## INTENTIONS

My Intentions for the week are:

- .....
- .....
- .....
- .....
- .....

My intentions for the day are:

- .....
- .....
- .....
- .....
- .....



By setting intentions, we create a **roadmap** for ourselves, allowing us to prioritize what truly matters to us. **Intentions** also help us overcome obstacles and challenges, as they provide a strong **foundation** and a reminder of why we are pursuing certain paths.



# Create

## CONSCIOUSLY

Bring **attention** to yourself, and your surroundings and take **responsibility** for everything that has been created in your life, because this gives you the power to re-create it. Use **intention** and attention to stay in alignment with your **true self** and **desires**.

**1** Pick your true goal

*What do you really want?*

.....

.....

.....

**2** Remove structural tension

*Where are you now? What is stopping you from living your life?*

.....

.....

.....

**3** Focus on the end emotion of the goal

*What would it be like to have this now?*

.....

.....

.....

Taking new **emotional set points** is more effective than adopting a "fix it" mentality because it involves **rewiring** our **subconscious identity**, where most of our **decisions** occur. By changing our unconscious identity, we can **create** lasting change in our **thoughts**, beliefs, behaviors, and ultimately, our **lives**.

- Self-Awareness
- Challenge Limiting Beliefs
- Re-Frame Past Experiences
- Visualisation

## 4 Unplug from the old habits

*What resistance do you have out of 10?*

.....  
.....

*What stories, judgements or inner conflicts stop you from this goal?*

.....  
.....

*What benefits did this resistance give you? There must be a reason you created it in the first place. Was it to protect you? To give you security?*

.....  
.....

*Close your eyes and imagine letting go of the resistance and old stories, until you have 0 out 10 resistance.*

.....  
.....

## 5 Take aligned action

*Only focus on what you want! Not what you want to avoid.*

.....  
.....

*What action would the person I am becoming take? And then take that action!*

.....  
.....

# Areas Of Life

---

Maintaining **balance** in all areas of **life** is important because they are **interconnected** and influence each other. **Neglecting** one area can have a **ripple effect** on other aspects of your life, leading to dissatisfaction, stress, and a sense of **imbalance**. Striving for balance helps **create** a **harmonious** and fulfilling life where you can thrive in **multiple dimensions**.

**Physical Health:** Taking care of your physical health ensures that you have the energy and vitality to pursue your goals and enjoy life fully.

**Mental Health:** Maintaining good mental health is essential for emotional well-being, resilience, and the ability to cope with life's challenges.

**Emotional Well-being:** Balancing your emotions allows you to experience a wide range of emotions, cope with stress, and build healthy relationships.

**Career and Work:** Balancing your career and work life ensures that you have a sense of fulfillment, professional growth, and financial stability.

**Finances:** Maintaining balance in your finances helps reduce stress, provides a sense of security, and allows you to plan for the future.

**Relationships:** Having healthy relationships with family, friends, and romantic partners fosters support, connection, and a sense of belonging.

**Personal Growth:** Continuously learning, growing, and challenging yourself fosters self-improvement, resiliency, and a sense of purpose.

**Leisure and Recreation:** Engaging in activities you enjoy helps you relax, recharge, and maintain a sense of joy and fulfillment.

**Spirituality:** Nurturing your spiritual well-being provides a sense of meaning, purpose, and connection to something greater than yourself.

**Contribution and Giving Back:** Contributing to your community or society at large promotes a sense of fulfillment, gratitude, and social connection.

**Environment:** Balancing your relationship with the environment ensures the sustainability of natural resources and promotes a healthier planet for future generations.

**Self-care:** Prioritizing self-care allows you to recharge, reduce stress, and maintain a healthy work-life balance.

# Rate Your Areas Of

## LIFE

Out of 10 (10 the best, 0 the worst) rate every area of your life currently.

**PHYSICAL HEALTH**

**MENTAL HEALTH**

**EMOTIONAL WELLBEING**

**FINANCES**

**CAREER & WORK**

**RELATIONSHIPS**

**SPIRITUALITY**

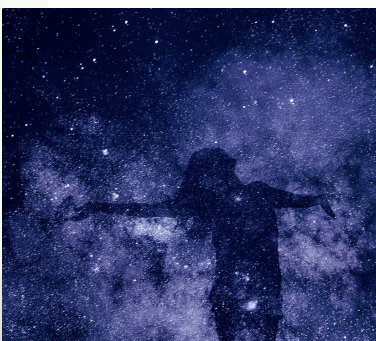
**PERSONAL GROWTH**

**ENVIRONMENT**

**LEISURE AND RECREATION**

**CONTRIBUTION & GIVING BACK**

**SELF-CARE**







# Life Area

## CHECKLIST

### Daily goals for my life areas

- .....
- .....
- .....
- .....
- .....

### Long term goals for my life areas

- .....
- .....
- .....
- .....
- .....



### Core actions that support this

# Experiences

What do you want to experience in life?

*Refer to your life areas*

A large, rounded rectangular box with a light teal border, designed for writing. It contains 15 horizontal dotted lines spaced evenly down the page, providing a guide for text entry.

# Contribution

What do you want to contribute in life?

A large, rounded rectangular box with a thick grey border, designed for writing. It contains 15 horizontal dotted lines, providing a structured space for the user to answer the question above.

# Growth

How do you want to grow in life?

A large rounded rectangular box with a teal border, containing 15 horizontal dotted lines for writing.

# Your End Goals

## A COMPLETE LIFE

Focus on the **end goals** you want for your life. What would your “**always**” be like in your life? Is it to always be surrounded by **love**, good people and **positivity**? Is it to wake up **happy** every day? Think of the **complete** feeling and vision for your life that sums up your very detailed **life vision**.



My end goals are:

.....  
.....  
.....  
.....

.....  
.....  
.....  
.....  
.....  
.....



.....  
.....  
.....  
.....  
.....

# FITNESS GOALS

January

## Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



## Important Reminders

## Weight



## Exercise Frequency



## Daily Liters of Water

## How to Achieve These Goals

# FITNESS GOALS

*February*

## Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



## Important Reminders

## Weight



## Exercise Frequency



## Daily Liters of Water

## How to Achieve These Goals

# FITNESS GOALS

*March*

## Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



## Important Reminders

## Weight



## Exercise Frequency



## Daily Liters of Water

## How to Achieve These Goals

# FITNESS GOALS

*April*

## Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



## Important Reminders

## Weight



## Exercise Frequency



## Daily Liters of Water

## How to Achieve These Goals

# FITNESS GOALS

*May*

## Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



## Important Reminders

## Weight



## Exercise Frequency



## Daily Liters of Water

## How to Achieve These Goals

# FITNESS GOALS

June

## Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



## Important Reminders

## Weight



## Exercise Frequency



## Daily Liters of Water

## How to Achieve These Goals

# FITNESS GOALS

July

## Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



## Important Reminders

## Weight



## Exercise Frequency



## Daily Liters of Water

## How to Achieve These Goals

# FITNESS GOALS

August

## Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



## Important Reminders

## Weight



## Exercise Frequency



## Daily Liters of Water

## How to Achieve These Goals

# FITNESS GOALS

September

## Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



## Important Reminders

## Weight





## Exercise Frequency



## Daily Liters of Water

## How to Achieve These Goals

# FITNESS GOALS

*October*

## Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



## Weight



## Exercise Frequency



## Daily Liters of Water

## How to Achieve These Goals

## Important Reminders

# FITNESS GOALS

*November*

## Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



## Important Reminders

## Weight



## Exercise Frequency



## Daily Liters of Water

## How to Achieve These Goals

# FITNESS GOALS

*December*

## Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



## Weight



## Exercise Frequency



## Daily Liters of Water

## How to Achieve These Goals

## Important Reminders