

the
DREAM LIFE
VISUALIZATION
JOURNAL

A JOURNAL FOR PEOPLE
WANTING TO MANIFEST THEIR
DREAM LIFE



a journal from
GLENDON COACHING, LLC

IF ANY OF THIS SOUNDS LIKE YOU...

- You are bored and frustrated with your current job
- Or you constantly feel overworked and overwhelmed
- There is no excitement and you dread Mondays
- You feel stuck in your current position
- It feels like your career has stalled
- You are ambitious but struggle with self-motivation under your current circumstances
- You don't know what else you'd like to do or what to do next
- Or you have an idea of where you want to do but don't know how to get there
- You are struggling with job search

This journal is right for you! It will help you to:

- Remember who you are and reconnect with your vision and purpose
- Dream bigger and unlock your full potential
- Stop dreading going to work
- Get unstuck and unlock new opportunities for yourself
- Recognize and change thinking patterns that sabotage your success
- Grow and climb the ladder from a place of gratitude and clarity
- Develop work routines that make you feel happy and fulfilled

HOW TO GET THE MOST OUT OF OF THIS JOURNAL

I recommend going through the whole journal once over a long weekend and then journal for 15 minutes per day answering 1 question over the next 28 days. Keep reviewing how your answers changed over time, set the intention to take aligned action and trust that the process will call lasting change into your life.

KATE GLEDNON



Glendon Coaching, LLC
(CEO / Professional Life and
Mindset Coach)

I became a life coach to help others break free from seeking validation from external sources and to empower them in managing stress, work, fitness, and health.

YOUR CAREER

HOW DO YOU FEEL ABOUT YOUR JOB AT THE MOMENT?

What are your revenue and profit goals for 2023?

How many sales do you need to make per offer?

What offers do you need to create to reach them?

OFFER NAME	PRICE

How are you going to reach & convert enough people?

MONEY & FINANCES

HOW DO YOU FEEL ABOUT YOUR PERSONAL FINANCES AT THE MOMENT?

What are your personal finance and money goals for 2023?

What spending habits do you need to change to reach them?

What investments are you planning to make?

INVESTMENT	COST

What's your strategy when it comes to savings?

RECREATION, LEISURE & FUN

HOW DO YOU FEEL ABOUT THE AMOUNT OF RECREATION, LEISURE AND FUN IN YOUR LIFE AT THE MOMENT?

How will you incorporate recreation, leisure, and fun into your life in 2023?

How much time will you make per week for recreation and leisure?

When will you make this time (tip: actually schedule it in your calendar)?

What fun activities do you want to do in 2022?
When will they happen?

Breakdown

DAY	TIME
M	
T	
W	
T	
F	
S	
S	

SPIRITUALITY & PERSONAL DEVELOPMENT

HOW DO YOU FEEL ABOUT YOUR SPIRITUALITY AND PERSONAL DEVELOPMENT AT THE MOMENT?

How will you incorporate spirituality and personal development into your life in 2023?

How much time will you make per week for spirituality and personal development?

When will you make this time (tip: actually schedule it in your calendar)?

Breakdown

DAY	TIME
M	
T	
W	
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S	
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FAMILY & FRIENDS

HOW DO YOU FEEL ABOUT YOUR LIFE WHEN IT COMES TO FAMILY AND FRIENDS AT THE MOMENT?

Whom do you want to see more in 2023?

How much time will you make per week for spending quality time with loved ones?

When will you make this time (tip: actually schedule it in your calendar)?

What memories do you want to create with whom?

Breakdown

DAY	TIME
M	
T	
W	
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S	

LOVE LIFE

HOW DO YOU FEEL ABOUT YOUR LOVE LIFE AT THE MOMENT?

How do I want my love life to look like in 2023?

How do I want to feel as a single, with my lover or partner?

What can I do to create meaningful interactions, connection, and intimacy?

What do I look for in a partner in 2022? How do I want to become a better (potential) partner?

HEALTH & PHYSICAL WELL BEING

HOW DO YOU FEEL ABOUT YOUR HEALTH AND BODY AT THE MOMENT?

How will I take great care of my health and physical well-being in 2023?

What treatments or procedures that contribute towards my health and well-being will I get done in 2023?

What are my health and body goals for 2023?

What habits do I need to change or create to protect my health and physical well-being?

DATE:
