

# Dream Life Map

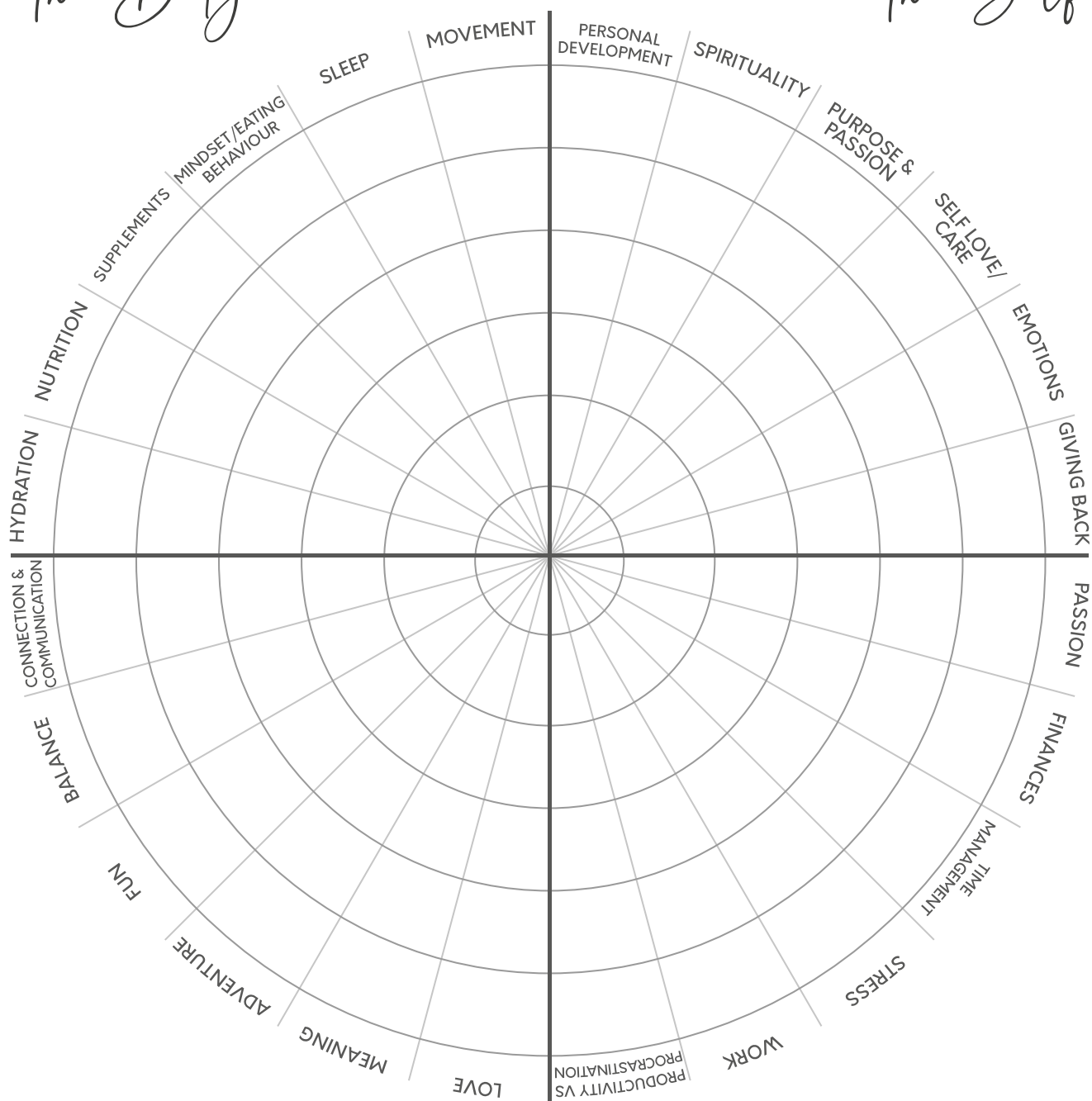
This is a place to have a big ol' brain dump on all of the things that come up for you when you dream about living your ideal life. We centre this around the core four areas of The Body, The Self, The Relationships, The Work, but think around these areas in a long winded type of way. Close your eyes, breathe into it and just get those hopes, dreams and aspirations down onto paper.

A large rectangular box with a central circular diagram. The diagram is a ring divided into four quadrants by a vertical and a horizontal dotted line. The quadrants are labeled: BODY (top-left), SELF (top-right), RELATIONSHIPS (bottom-left), and CAREER (bottom-right). The rest of the box is blank space for writing.

# Dream Life Reality Check

The Body

The Self



The Relationships

The Career

# Goal Planner

TODAY'S DATE:

	THE BODY	THE SELF	THE RELATIONSHIPS	THE BUSINESS
30 DAY TARGET				
60 DAY TARGET				
90 DAY TARGET				
END OF YEAR TARGET				

# Monthly Goals

“ My life gets to be fun and successful  
I choose to live a life of awesomeness  
I feel good, I feel committed and  
aligned with my dreams. I believe in me!

MONTH:

Top 4 Goals for This Month:

GOAL 1	GOAL 2	GOAL 3	GOAL 4

△ Why do I give a shit??

△ Where am I currently at in relation to my 90 day goals?

△ What action steps do I get to create to make this happen?

# Monthly Planner

DATE :

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

 NOTES

# Weekly Planner

WEEK COMMENCING: dd/mm/yy

THIS WEEK'S GOALS:

Four empty rectangular boxes for weekly goals.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM							
6AM							
7AM							
8AM							
9AM							
10A							
M							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							
10PM							

TODAY'S FOCUS IS:

# My Daily Focus

“ Live simply. Dream big.  
Be grateful. Laugh lots.

DATE : .....

MY BIG VISION AND GOAL IS: .....

△ Today I am inspired to complete these actions:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

Morning MagicMovement

Fuel Growth

I am grateful for:



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

Because

:

Because

:

Because

:

Because WWW.EMMACOLSEYNICHOLLS.CO.UK

:

Because

△ Schedule & appointment time booked:

dd / mm hh:mm

dd / mm hh:mm

dd / mm hh:mm

dd / mm hh:mm

dd / mm hh:mm

dd / mm hh:mm

dd / mm hh:mm

dd / mm hh:mm

dd / mm hh:mm

dd / mm hh:mm

△ Nutrition:

.....

△ Movement:

.....

△ Today's wins were:

.....

△ Lessons learnt and notes for another day

# Weekly Review

DATE :

△ What were your wins from this week?

△ What didn't go so well? Think across all four core areas – What happened? Why? Did it come from a feeling, thought, belief or situation?

△ What actions can you put in place this week to overcome this issue? How are you committing to moving forward from this?

△ Did you move your body and fuel it in line with your body goals? If not, what came up for you? What was the challenge? Was it behavioural or emotional?

△ As a result what are you committing to next week to help you move forward? What are your intentions and goals?



# Monthly Review

MONTH:

△ Wins for the month. What's going well right now and why?

△ What if any resistance did I experience? What was it? What was the result? What did I do to try and overcome it? What do I need more support with?

# Monthly Review *Continued*

△ What lesson did I learn and how can I take this forward?

△ Results / metrics tracking