

the

DREAM LIFE
VISUALIZATION
JOURNAL

A JOURNAL FOR ANYONE
WANTING TO MAKE THEIR LIFE A
WORK OF ART

|

from

CHRISTINE LINDSTROM

Make Your Life a Work of Art

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 what 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 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.



MEET THE AUTHOR

Christine Lindstrom

Make Your Life a Work of Art

Art | Food | Lifestyle | Spirituality + Wellness
Making life a work of art and showing others
how to do the same

makeyourlifeaworkofart.com

YOUR BUSINESS / CAREER

HOW DO YOU FEEL ABOUT YOUR CAREER AT THE MOMENT?

What are your professional goals for the year?

What steps do you need to take to achieve them?

What do you love about your career? What are you good at? Celebrate your skills/accomplishments here:

If money was no object, describe your dream career:

MONEY & FINANCES

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

What are your personal finance and money goals for the year?

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

List your investments and debts here:

INVESTMENTS / DEBTS	AMOUNT

What's your strategy when it comes to savings or paying down debts?

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 this year?

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 this year?
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 this year?

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	
T	
F	
S	
S	

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 this year?

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)?

Breakdown

DAY	TIME
M	
T	
W	
T	
F	
S	
S	

What memories do you want to create with whom?

LOVE LIFE

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

How do I want my love life to look like this year?

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

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

What do I look for in a partner? 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 this year?

What are my health and body goals for the year?

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

What treatments or healthcare appointments that contribute towards my health and well-being will I get done this year?

USE THIS PAGE TO PLAN OUT YOUR SEASONS FOR THE NEXT YEAR

What are your upcoming events, goals, tasks or milestones?

CONTINUE YOUR JOURNEY

Now that you've had the chance to see a broader picture of your life, take it a step further and make a commitment to yourself to get closer to living your dream life, one day at a time. Shedding light on the patterns in your life can bring clarity to what might need to change day to day. Little things add up to the big things. Your life is made up of your days.

MORE DAILY PRACTICES...

Practice Gratitude: Take a moment each day to appreciate the blessings and positive aspects of your life, fostering a mindset of abundance.

Maintain a Routine: Establishing a daily routine can provide structure and help you stay focused on your priorities.

Reflection and Review: Reflect on your day, celebrate achievements, and identify areas for improvement to stay motivated and aligned with your goals.

Continuous Learning: Dedicate time each day to learn something new or improve existing skills, fostering personal growth and development.

Exercise and Self-care: Incorporate physical activity and self-care practices into your daily routine to maintain overall well-being and energy levels.

Mindfulness Meditation: Take a few moments each day to practice mindfulness meditation, cultivating present-moment awareness and reducing stress.

I hope you have enjoyed this workbook! For more inspiration and guidance, be sure to stop by my website anytime - makeyourlifeaworkofart.com

-Christine