

# Design Your Dream Life

Worksheet and Journal

*AliceSeba.com* 

# Note from Alice

Thanks for downloading your free worksheet + journal pages to help get some things untangled and sorted to help you on your way to designing your own dream life.

Exactly how your dream life looks like is up to you, but my goal is to help you make sure you do what you love, when you want and where you want.

Some of the questions and prompts may explore some pretty deep areas and they may not be things you want to share with anyone. Feel free to burn them when you're done because just the act of putting them on paper will start to give you new direction.

You may also find some of the sheets don't apply to you. You can skip them or adjust as needed. And in that case, you may want to check the pages and just print the ones you want.

## **Before you begin:**

[Make sure you're in our Design Your Dream Life Facebook Group](#)....so you can get feedback, meet likeminded dream life seekers and help as you move closer and closer to that dream life.

And [subscribe to the YouTube channel](#) as I'll be adding some cool things there soon.

See you there!



Alice Seba  
CEO of Her Own Dream Life

# This is My Whole Life

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What I Love...

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What I Find Challenging...

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What I Wish Would Change...

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What I Will Change Myself..

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The First Thing I'm Going to Do Right Away...

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Other Thoughts and My Progress...

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# My Spiritual Life

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What I Love...

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What I Find Challenging...

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What I Wish Would Change...

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What I Will Change Myself..

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The First Thing I'm Going to Do Right Away...

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Other Thoughts and My Progress...

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# My Romantic Partnership

(Even if it Doesn't Exist Yet)

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What I Love...

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What I Find Challenging...

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What I Wish Would Change...

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What I Will Change Myself..

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The First Thing I'm Going to Do Right Away...

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Other Thoughts and My Progress...

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# My Relationship with My Kids

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What I Love...

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What I Find Challenging...

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What I Wish Would Change...

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What I Will Change Myself..

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The First Thing I'm Going to Do Right Away...

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Other Thoughts and My Progress...

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# My Career and Business

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What I Love...

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What I Find Challenging...

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What I Wish Would Change...

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What I Will Change Myself..

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The First Thing I'm Going to Do Right Away...

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Other Thoughts and My Progress...

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# My Relationship with Family

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What I Love...

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What I Find Challenging...

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What I Will Change Myself..

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The First Thing I'm Going to Do Right Away...

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Other Thoughts and My Progress...

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# My Relationship with My Friends

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What I Love...

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What I Find Challenging...

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What I Will Change Myself..

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The First Thing I'm Going to Do Right Away...

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Other Thoughts and My Progress...

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# Me and My Community

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What I Love...

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What I Find Challenging...

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What I Wish Would Change...

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What I Will Change Myself..

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The First Thing I'm Going to Do Right Away...

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Other Thoughts and My Progress...

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# My Physical Health

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What I Love...

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What I Find Challenging...

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What I Wish Would Change...

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What I Will Change Myself..

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The First Thing I'm Going to Do Right Away...

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Other Thoughts and My Progress...

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# My Mental Health

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What I Love...

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What I Find Challenging...

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What I Wish Would Change...

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What I Will Change Myself..

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The First Thing I'm Going to Do Right Away...

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Other Thoughts and My Progress...

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# My Relationship with ME

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What I Love...

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What I Find Challenging...

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What I Wish Would Change...

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What I Will Change Myself..

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The First Thing I'm Going to Do Right Away...

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Other Thoughts and My Progress...

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My Biggest Accomplishments...

Lined area for writing accomplishments





What If I Had My Dream Business...

Lined writing area with 28 horizontal lines for text entry.











These Are The Great Things about Me...

Lined writing area for describing great things about oneself.



# Final Thoughts from Alice

I hope you made a lot of discoveries in completing your worksheet and journal pages. Sometimes introspection can be difficult, but it's much easier to make changes when we come to terms with things we could do better.

But remember, life is a journey. Change takes time...and if you stop to enjoy each moment, every small step is rewarding.

Be kind to yourself. No one is perfect...no matter what you think you see in the people around you. We all struggle. We all wish we could do things better. We all wish we were further ahead in our careers and life.

But the fact of the matter is, we're exactly where we are meant to be (and the evidence is it's because it's exactly where we are)...and there's a lot to be grateful for in each moment.

## **Before you go:**

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And [subscribe to the YouTube channel](#) as I'll be adding some cool things there soon.

Can't wait to see where your dream life takes you!



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CEO of Her Own Dream Life