



Journal Pages:

Creating My

Best Life





CLARITY

The Best Life Scorecard includes the categories of life that are the most common roadblocks keeping people from feeling great as they celebrate more birthdays.

Living your BEST LIFE will include physical, mental and emotional elements. This exercise is intended to bring clarity into which areas require more attention.

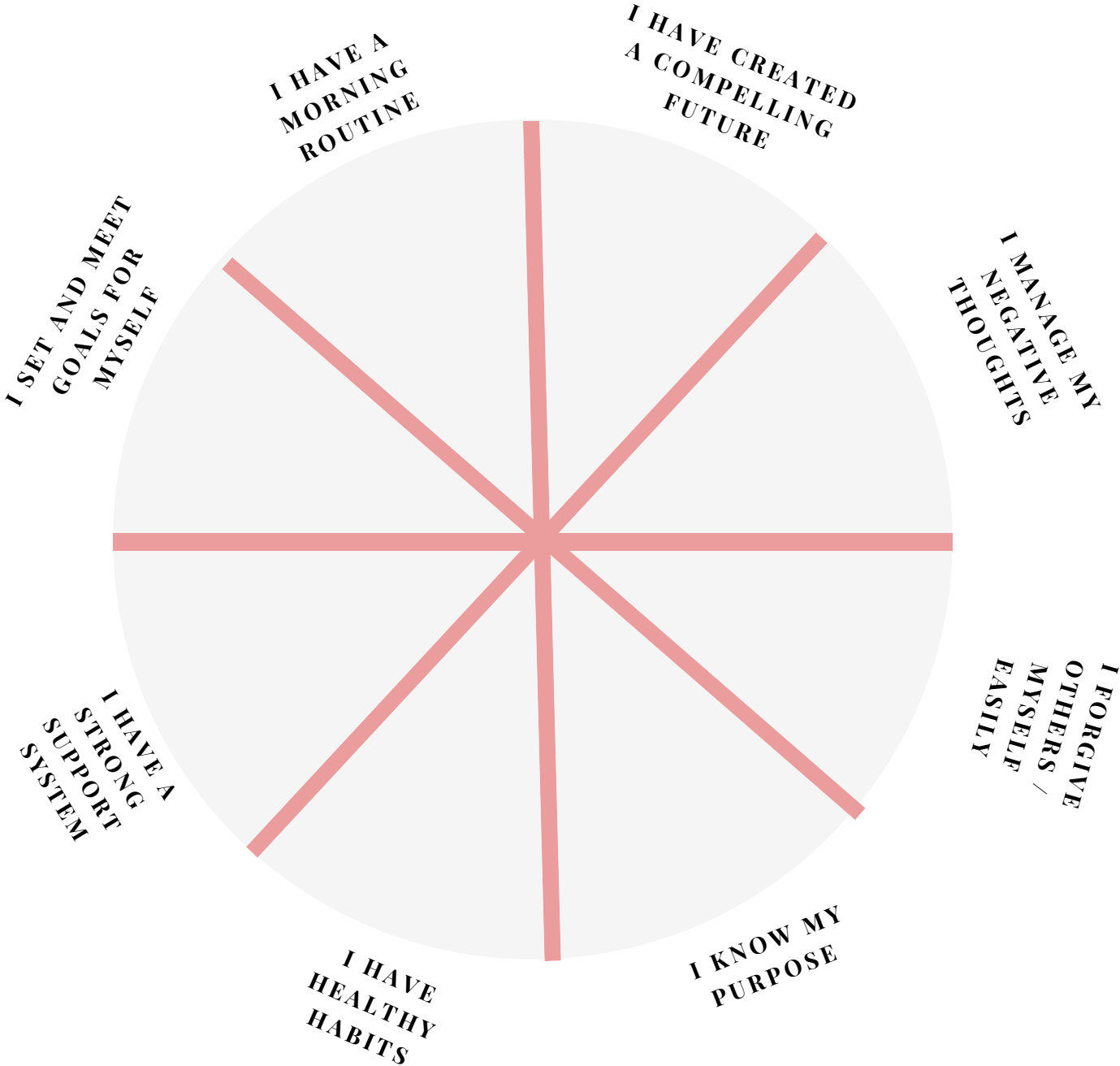
"BEST LIFE" SCOREBOARD

How would I rate myself in the following areas? Use a scale of 1-10. Put the number inside the triangle of the corresponding statements.

1=Poor

5= I feel ok in this area but have room to grow

10= Outstanding



REFLECTION

How do I feel about my Best Life Scoreboard? Am I surprised by anything?

INTENTION SETTING

What is one category of the Best Life Scoreboard I would like to improve?

Why is it important for me to improve this area of my life?

IDENTITY

Who do I become when I achieve this goal? (Example: Someone who believes in themselves. Someone who is proud. Someone who is stronger than they thought, Someone who is confident, etc...

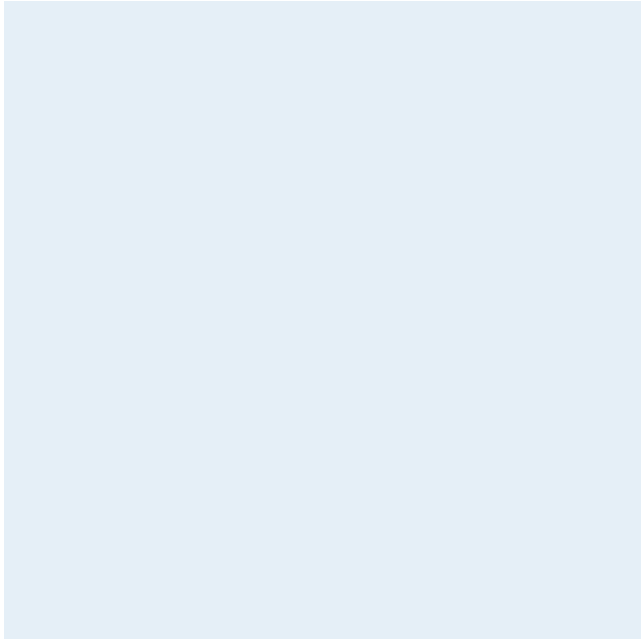
REFLECTION

Who else benefits from my success in achieving this goal?

What do I need to believe about myself to accomplish this goal?

TO REACH MY GOAL I MUST

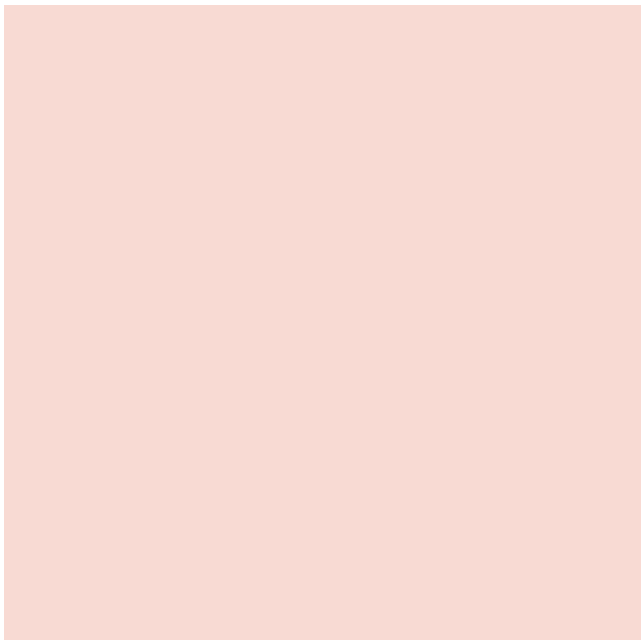
STOP DOING...



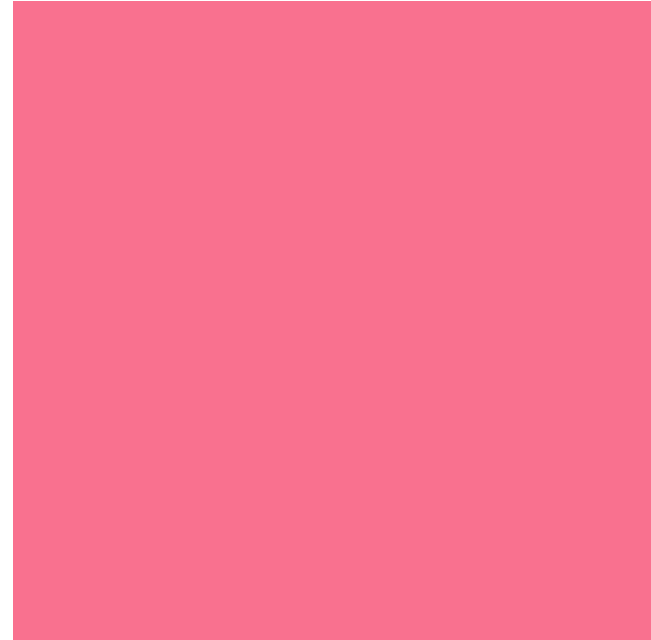
START DOING...



CONTINUE DOING...



DO LESS OR MORE OF....





LETS DO THIS!

Going from 0-1 is the most challenging part when it comes to making changes in your life. Especially if this is a goal that you have tried to achieve in the past but failed.

Commit in this moment to forget about the attempts you made in the past. This is a fresh start. And a fresh start requires a new identity. Your identity is created from whatever follow's "I AM".

Without an empowering identity it will be more challenging to not only achieve your goal but to maintain over time.

Use the next pages to create an empowering identity.

IDENTITY:
WHO DO I NEED TO BE TO
ACCOMPLISH THIS GOAL?

I AM THE KIND OF PERSON THAT...(EX: IS COMMITTED,
IS DETERMINED, IS READY, BELIEVES IN MYSELF, IS
DESTINED TO SUCCEED)

OR

IF IT IS EASIER - USE THIS PHRASE INSTEAD:
I AM **BECOMING** THE KIND OF PERSON THAT...
(BELIEVES IN MYSELF, IS COMMITTED, ETC..)

I AM

I AM

I AM

I AM

I AM

I AM

I AM

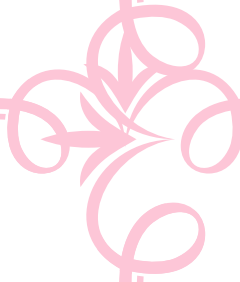
STRATEGY

WHAT IS MY STRATEGY TO
ACHIEVE THIS GOAL?

FROM THE STRATEGY LIST -
WHAT DO I WANT TO DO FIRST?

WHEN WILL I TAKE ACTION ON
THIS FIRST STEP?
(SCHEDULE IT)

WHO IS MY SUPPORT SYSTEM?





BREATHE AND LET GO

Forgiveness for yourself or others is one of the most powerful ways to release negative emotion.

Forgiveness does not make the behavior ok.

Forgiveness is a process.

Forgiveness is an act of self love.

Resentment comes from the head.
Forgiveness comes from the heart.

Forgiveness leads to inner peace.

Forgiveness increases self compassion.

Forgiveness is a sign of strength.

I FORGIVE MYSELF FOR...



I FORGIVE MYSELF BECAUSE...

FREE WRITING

USE THIS PAGE TO EXPRESS
ADDITIONAL THOUGHTS ON
FORGIVENESS



REFLECTION

WHAT HAVE I LEARNED ABOUT MYSELF DURING THIS
JOURNALING EXPERIENCE?



WHAT AM I LOOKING FORWARD TO IN MY LIFE?



*“The past does not
define you but your
legacy will. What story
will you leave behind?”*

- TRACI LYNN



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