

GET CLARITY ON WHAT YOU WANT AND HOW TO GET IT



Manifest Your Dream Life

21
Days

PRAY, PLAN, PURSUE

PROMISEPAKS.COM

Dream Life Planner

For anyone who wants a better life

What if you never had to wish you had someone else's life again?

What if there was a way for you to stop comparing your life to someone else's controlled and curated online content?

What if you could finally begin living the life you have always dreamed of? A fulfilling life filled with purpose, focus, and progress?

With our dream life planner, you will learn how to be happy with who you are and you will learn how to do what it takes to manifest the life you have always dreamed of. There will no longer be a need for you to be secretly jealous of others because you will learn how to plan and walk towards a life that aligns with your purpose and passion in JUST 21 days. Even though this workbook was designed to be completed in 21 days, you can also walk through it at your own pace.

IT IS NEVER TOO LATE TO LIVE YOUR DREAM

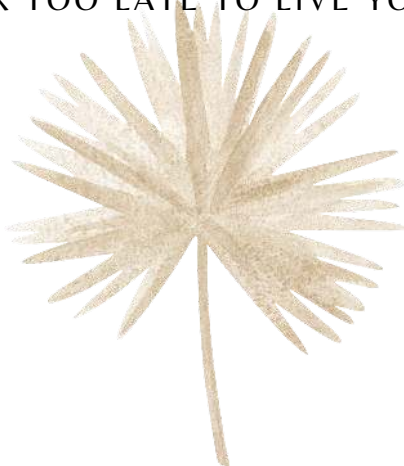


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The Number **1** Priority

Begin this journey the right way., make prayer and your relationship with God your priority. Be thankful, be honest, and walk in faith. What do you want to talk to God about? He cares about all that concerns you - your dreams, your goals, your loved ones, your work, and your daily needs. The bible says in Jeremiah 29:12-13, "Then you will call upon Me and come and pray to Me, and I will listen to you. You will seek Me and find Me when you search for Me with all your heart." Make prayer a part of your life and you will never go wrong. Write down your own personal prayer topics and prayer points that are close to your heart. Spend time reading the bible. Find and write down bible verses that are related to the topics you listed. Talk to God with His words using these bible verses

01

04

02

05

03

06

Prayers

Date: _____

02

07

10

08

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12

Jeremiah 29:11 ESV "For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope." Finding God means finding your purpose. Spend time in prayer and seek His face and He will reveal His plans for your life to you. What are you passionate about? List the things that generate a deep emotional reaction within you. Also, take time to list your spiritual gifts and your strengths. Your purpose can be found where your passion, gifts, and talents intersect.

Pray, Hear, Write

Write down what comes to mind as you pray

Your Passion

01

02

03

04

05

Your Spiritual Gifts

01

02

03

04

05

Strengths and Talents

01

02

03

04

05

"Without God, life has no purpose, and without purpose, life has no meaning. Without meaning, life has no significance or hope." — Rick Warren,

Take a moment to visualize and write down what living a purpose filled life would look like for you. What will you need to be able to begin your journey? Do you see any obstacles? Write down your vision and commit it to the Lord in prayer.. Create an action plan with realistic goals to help you achieve your purpose.

Action Plan

Done?

01	

My Ideal Life

In order to get to your goals that you want to achieve, we can work backwards by first describing your ideal life. What would your days consist of? What would you do in the mornings, evenings and nights? Where would you be and who would you be with? What experiences would you have? And what would your professional life be like? Remember, this is just an exercise to give you a vision to work towards - it's not set in stone and can change as you go along.

My Dreams

This exercise involved doing a brain dump and writing for 10-15 minutes on what you want to achieve in life. There's no right answers here and the more you write, the better, since you want to get all your ideas on paper. No dream is too big! If you start to blank, think of some role models you look up to (might be your parents, someone in your community, some of your friends or some celebrity - it doesn't matter) and write down what you admire about them, that you'd like to achieve as well.

Vision Board

Write down key points in each category describing what your ideal life would look like. Use extra notepaper if you run out of space! This worksheet is designed to give you an idea of things you would want to strive for. You may think that you don't need to write it down, but writing it down makes it more real and creates a commitment that compels you to move forward to achieve your goals.

Spirituality	Career
Finance	Relationships
Personal Growth	Health
Leisure	Home

Bucketlist

Achievements

On this side, write down all the things you want to ACHIEVE in your life - physically, financially, relationship wise, in your career etc.

Experiences

On this side, write down all the things you want to EXPERIENCE in your life - happiness, new places, foods etc.

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Things I Want

This is the place where you can write down all the material things you want in your life - all from beautiful country house to a yearly vacation on a tropical island. Don't be afraid to dream! And next to each item you'll be able to write down a cost estimate and you'll most likely discover that you don't need to be ultra rich to get all you want in life (depends on your wishes of course. The purpose of this exercise is to get all your dreams on paper so you can use them as a fuel for motivation.

Item Name

Est. Cost

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Life Inventory

Now it's time to stop and assess your current situation across a variety of categories. Rate each category on the scale from 1 to 10 - one meaning you're absolutely not satisfied with the current situation and ten meaning that things could not be better. The goal of this exercise is to give you an idea what you should be working on going forward. In each category you can also write down what you're happy with and what you can do to make things better. Also by doing this exercise from time to time (once every 6 months for example, you can get an overview of the progress that you've made. Extra sheets are included.

Your Spiritual Life

01	02	03	04	05	06	07	08	09	10
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Relationships

01	02	03	04	05	06	07	08	09	10
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Finance

01	02	03	04	05	06	07	08	09	10
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Career

01	02	03	04	05	06	07	08	09	10
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Health/Fitness

01	02	03	04	05	06	07	08	09	10
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Recreation

01	02	03	04	05	06	07	08	09	10
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Accountability

01

Hebrews 4:16, ESV: "Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need." Humbly and prayerfully taking responsibility for your own actions, emotions, and current situation is the first step toward breaking out of old patterns and changing your life for the better. This is because all the things that you actually take responsibility for (even if you're not directly to be blamed) are the things that you can change, or if you can't change them, you can improve them going forward. By answering the following questions, you gain some insight into how you can take more responsibility of the things that are holding you back. If you do not accept personal responsibility then you're approaching the problem as a victim - which means you can't do anything about it - which is counterproductive.

Write down your problem/s

How am I responsible for this problem? Have I made some bad choices? Have I tried EVERYTHING that's in my power to improve things? (if you have, count the things you've actually done)

If you solve this problem, how would your life (or the life of others) improve? Is this problem worth solving?

What can I do to start making things better? What little steps can I start making today to start improving the situation?

How would taking responsibility for my RELATIONSHIPS look like? What steps must I take? How would this improve my life?

How would taking responsibility for my FINANCES look like? What steps must I take? How would this improve my life?

How would taking responsibility for my CAREER look like? What steps must I take? How would this improve my life?

How would taking responsibility for my HEALTH look like? What steps must I take? How would this improve my life?

How would taking responsibility for my WELLBEING look like? What steps must I take? How would this improve my life?

Growth vs Fixed Mindset

01

Often times making progress with some problem starts with a simple shift in mindset. According to researcher Carol Dweck, there are two types of mindsets - fixed mindset and growth mindset. The former means that you believe that some quality or trait (intelligence for example) is innate and you have what you were given by God. The essence of the latter however is that you can improve on any quality as long as you put in the effort. Therefore with growth mindset you're much more likely to take action and actually get something done. Below are some examples of growth vs fixed mindset.

Growth Mindset

Challenges

Challenges are a way for me to get better

Desires

I'll try new things

Skills

I can always improve

Obstacles

I'll change my approach until I succeed

Success of Others

I'm inspired by their success. Maybe I have something to learn from their success.

Criticism

I can learn from the feedback I receive

Fixed Mindset

Challenges

I try to avoid challenges so I don't look stupid

Desires

I'll just stick to what I know

Skills

I'm either good at it or not. If I'm not, it's okay

Obstacles

I'm just not good at it and that's the way it is

Success of Others

It's unfair that they're succeeding and I am not.

Criticism

I feel threatened by the criticism I get

In this exercise try to identify your own mindset in a variety of categories and then write down what would be more productive modes of thinking instead, meaning anything that will make you take action and actively work on a solution instead of just accepting things as they are. On the next page you can also identify your own unique limiting beliefs and how you could reframe them.

How do I react to challenges & how I can improve?

How do I react to criticism & how I can improve?

How do I react when I don't know what to do next? Is it productive?

**Am I taking responsibility for my own actions and current situation?
If yes/no, how so? Is this helping me to move forward and how?**

Limiting Beliefs

In this section, try to identify other beliefs that are holding you back and how you can reframe them to be more productive. For example you may have been taught when you were little that "money does not grow on trees". While it's true in a sense, a more productive way of thinking would be that "I will be rewarded for the value I provide for others - the more I give, the more I will receive"

Current Belief

Better Alternative

--	--

Current Belief

Better Alternative

--	--

Current Belief

Better Alternative

--	--

Current Belief

Better Alternative

--	--

Limiting Beliefs

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Current Belief

Better Alternative

--	--

Current Belief

Better Alternative

--	--

Current Belief

Better Alternative

--	--

Current Belief

Better Alternative

--	--

A belief that is holding you back:

" ex. I can't change myself."

Where did this belief come from?

How is this belief harmful?

What is a better alternative for this belief?

Fear Setting

This exercise is loosely based on a section from Tim Ferriss's "4 Hour Work Week" and involves thinking about the worst possible outcomes of an action you know you should take but are too afraid to execute. This allows you to write three categories for each action. First the worst possible outcomes. Second, how to prevent these outcomes. And third, when these outcomes really come to pass, how you can mitigate the adverse effects. This should help you come to a realization that the things that you're afraid of are really not that bad. The final category to fill out is what would happen long term if you decided not to take the desired action (this helps you use a proverbial stick on yourself to push yourself towards taking action).

What action do you wish to take?

The worst outcomes	How to prevent	How to repair
What will happen long term (1 year, 5 year, 10 years+) if you don't take this action?		

Action Brainstorm

List out the things that are most important and relevant to your current life in the categories below

Stop Doing

Do Less

Keep Doing

Do More

Start Doing

Taking Action

I am going to:

ex. build a 6 figure passion business in the next two years.

What limiting beliefs do I have to overcome to achieve this:

ex. I can't quit my current job because I can't pay for my rent.

What steps do I have to take to get started:

ex. start sharing my photography on Instagram.

What tools do I need to get started:

ex. just my phone camera.

Why am I doing this:

ex. I'm doing this because life is too short to not take chances.

I am grateful for:

ex. the opportunity to pursue my dream.

Goal Setting

01

You can achieve amazing results when you write down your goals. Written goals help with focus and concentration and you will have a better chance of remembering. Increase your chances of success by taking the time to put them down on paper.

01. What do you want to achieve spiritually in the next year?



02. What do you want to achieve physically in the next year?



03. What do you want to achieve financially in the next year?



04. What do you want to achieve emotionally in the next year?



05. What do you want to be remembered for?



My vision or goal:

ex. build a 6 figure passion business in the next two years.

Steps to Take:

ex. building a brand around my expertise

Financial Cost:

ex. hiring freelancers

Actions to Take:

ex. building out my portfolio website

Potential Problems:

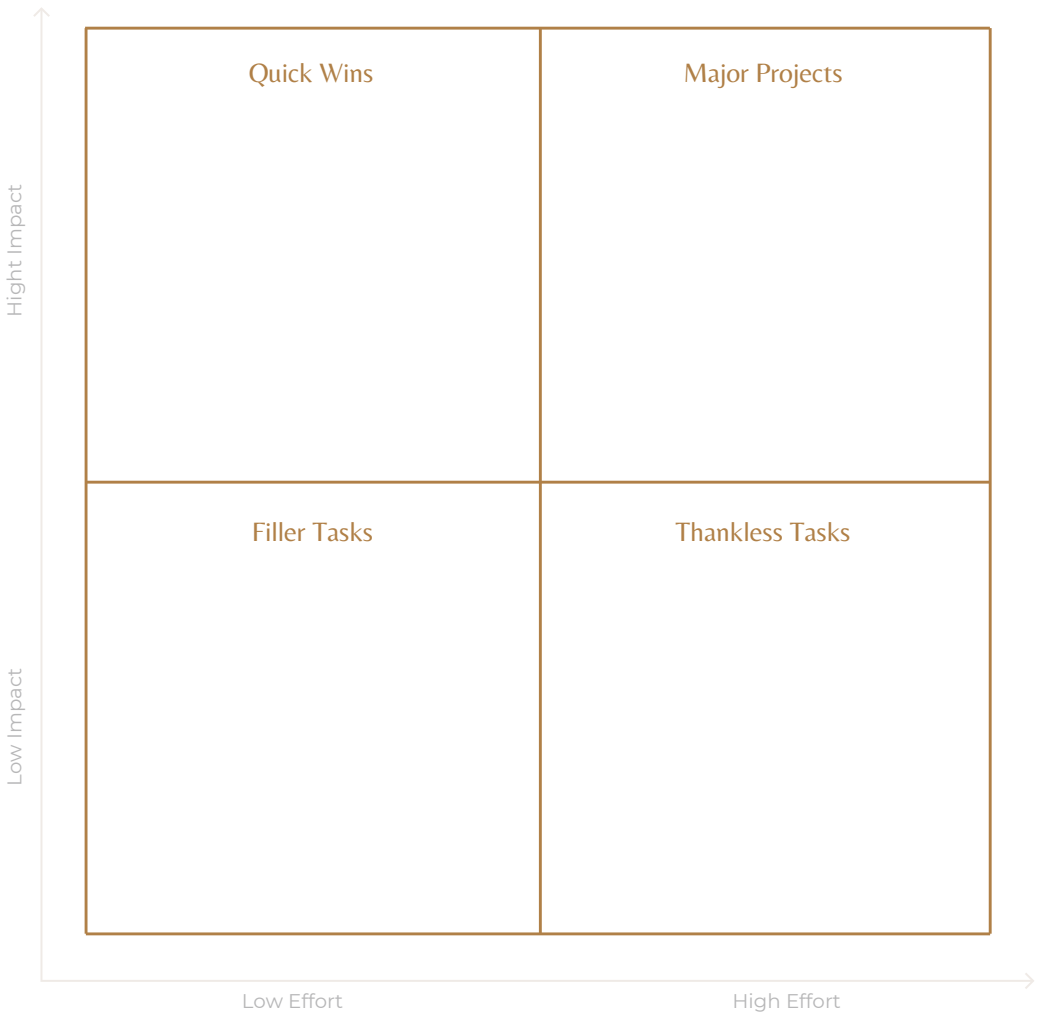
ex. saturated marketplace,
how you differentiate?

Progress Tracker:

what have I done already
to achieve my goal

Action Priority Matrix

Here's where you can determine what you will want to work on first to have the greatest impact. You can take all that you have written in the previous worksheets and use this "Action Priority Matrix" to set clear priorities on what actions to take first.



My Priorities

Create a plan for the high impact priorities and tasks

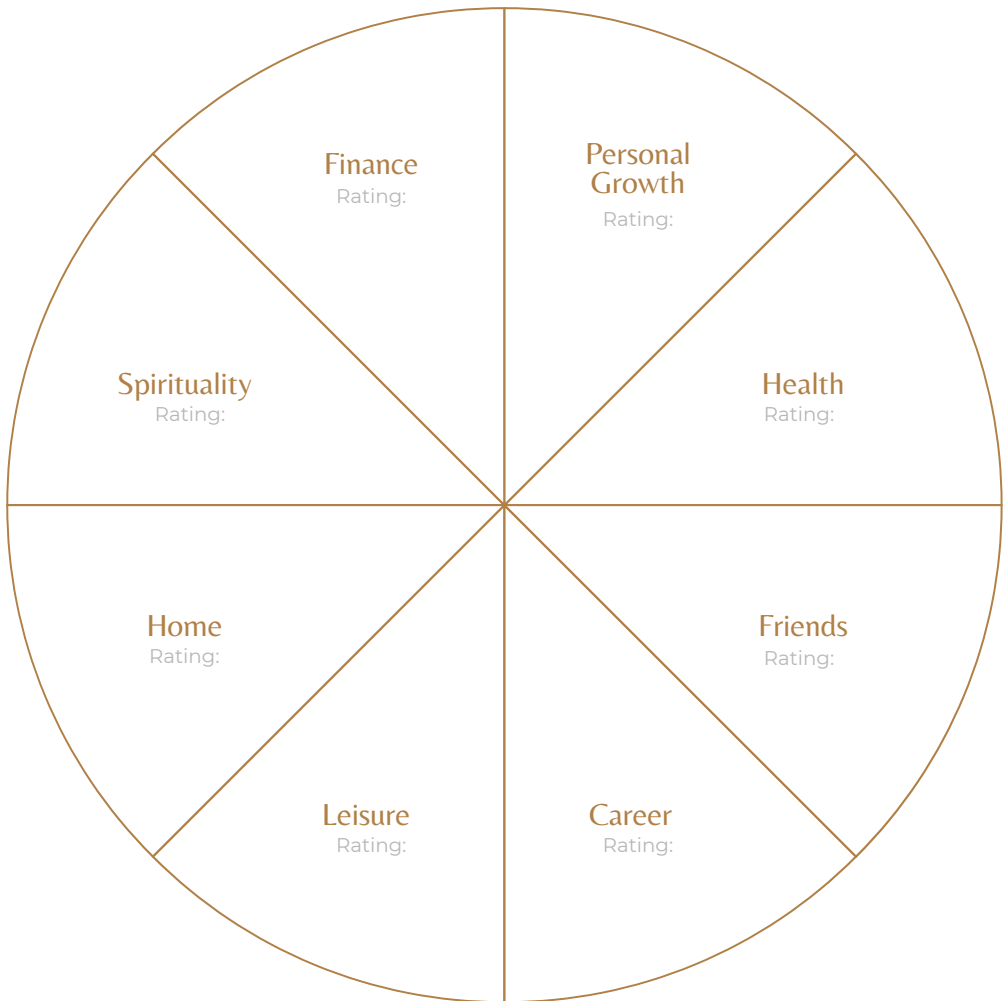
Task Name

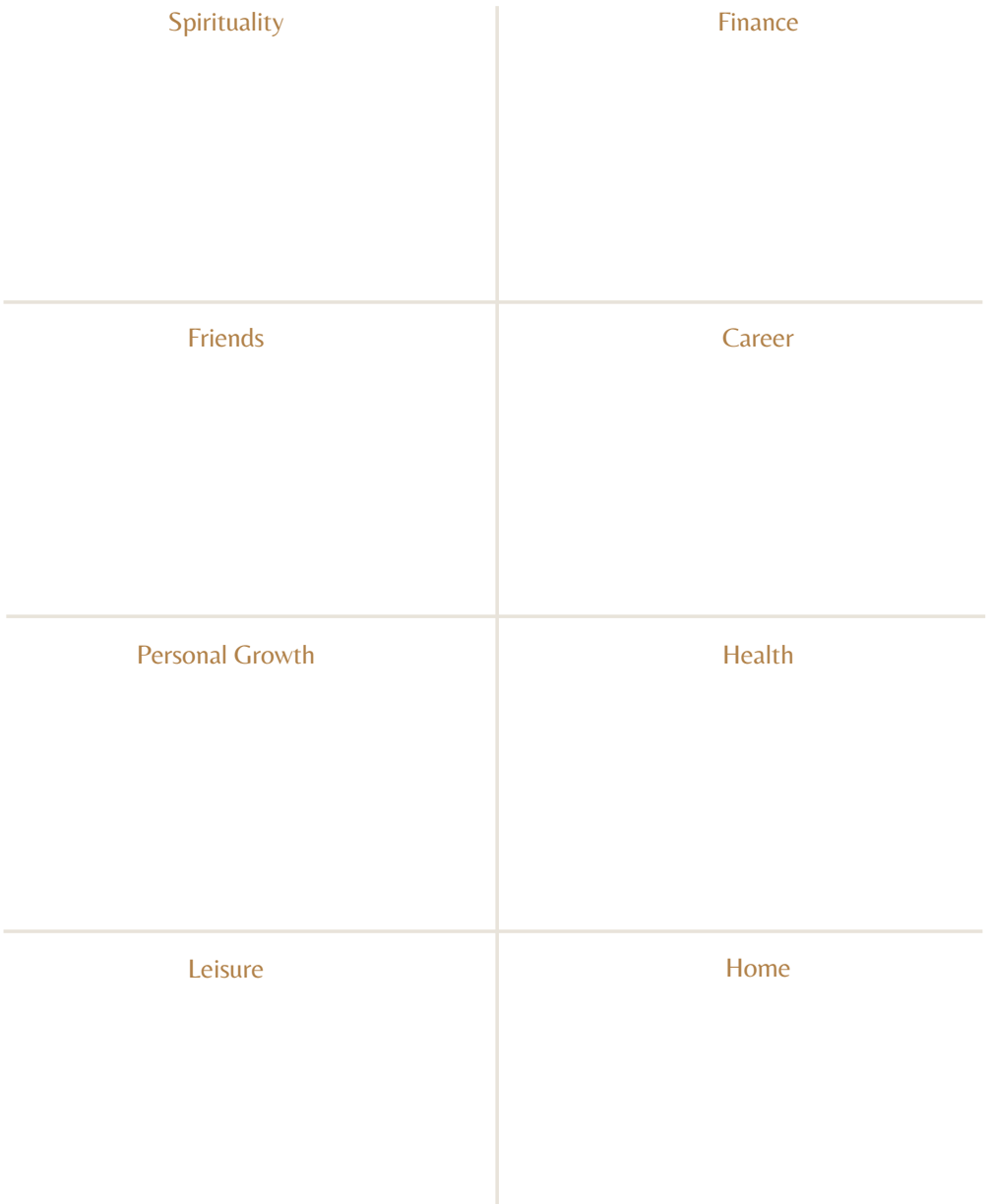
Steps to take

01	
02	
03	
04	
05	

Wheel of Life

This exercise is designed to take a snapshot of your current situation across variety of categories. This way you have an idea of what you're happy with and what needs some extra work. The way you to do this is simple - First just give a rating from 1 to 10 in each category, one being you're totally unsatisfied and ten means that you're over the moon. Then on the next page, fill out what you're happy with and why and what needs some work and how you think you can improve the situation.





My Relationships

In this section, you'll be able to rate your current relationships to a scale of 1 to 10. In each box you'll be able to write down the current relationship and give it a rating. In addition, write down what you're happy with, what needs improving and why this relationship is important to you How are these relationships supporting you in the life you're trying to build?

Relationship

01	02	03	04	05	06	07	08	09	10
What are you happy with & what to improve									

Relationship

01	02	03	04	05	06	07	08	09	10
What are you happy with & what to improve									

Relationship

01	02	03	04	05	06	07	08	09	10
What are you happy with & what to improve									

Relationship

01	02	03	04	05	06	07	08	09	10
What are you happy with & what to improve									

Self Assessment

On this worksheet you can assess your wellbeing across multiple dimension, including, physical, emotional, spiritual and professional. At the end of this assessment is a little box where you can note down the aspects you'd like to improve upon and how you plan to do it.

I pray and spend time with God regularly



I get enough sleep



I exercise regularly and eat healthy foods



I rest when I'm sick



I take enough time off work



I have cool hobbies



I openly talk about my problems



I spend time with my friends



I spend time with a special someone



I feel very thankful



I'm happy with my work



I work on my professional skills



What I would like to improve and how:

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thes 5:16-18

List ten things you have a reason to be thankful for:

Even if they're really small things like warm sunrays on your face

How are my challenges making me learn:

For example if you have a conflict with someone, you may be learning how to handle yourself gracefully in difficult situations

The people in my life I'm really thankful for:

Make a list of special people in your life and why you're really thankful that you have them in your life

Things I'm looking forward to:

What are some great things and opportunities you're looking forward to. How can you have more such things?

Make a list of your most recent positive experiences and the little things you can be grateful for. The purpose of this exercise is to make yourself appreciate all the good things that are happening that you otherwise might just overlook.

Today I'm grateful for:

- _____
- _____
- _____
- _____
- _____

People I'm grateful for:

- _____
- _____
- _____
- _____
- _____

Something awesome that happened:

- _____
- _____
- _____
- _____
- _____

My best memories:

- _____
- _____
- _____
- _____
- _____

Best parts of my day:

- _____
- _____
- _____
- _____
- _____

Things that made me smile:

- _____
- _____
- _____
- _____
- _____

Affirmations

In this part you'll write down positive affirmations that will have a positive impact on the aspects of your life you're trying to improve. A few important points: First, always write your affirmations in present tense using "I " pronoun. Second, use affirmative & positive words (avoid can't, won't, will not, etc.). For example "I'm full of energy and always take action", instead of "I'm not lazy". Third, it's important to build a habit of using these affirmations when you're doing the opposite of what you know you should be doing.

Spirituality

ex. "I am a child of the Most High King", "I am equipped with everything I need to live purposefully"

Finance

ex. "I'm capable of creating my dream financial life through hard work and dedication"

Career

ex. "I'm always striving to develop myself professionally"

Health/Fitness

ex. "I'm in control of my physical fitness"

Relationships

ex. "I have people who love me"

Habit Tracker

Experts say that most habits can be broken or formed in 30 days. As you come to the end of your self-reflective journey, write out habits that you would like to track in the columns. The first 2 have been filled out for you. Use this over the next 31 days to track your habits.

	Praying	Family Time							
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31									

Don't Do List To Do

Date: _____

Get rid of those unnecessary items on your to-do list.

Free up time to manifest your dream life by taking action now to change what you spend your time doing

Item Name

Not Done?

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02

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Notes

Reflections

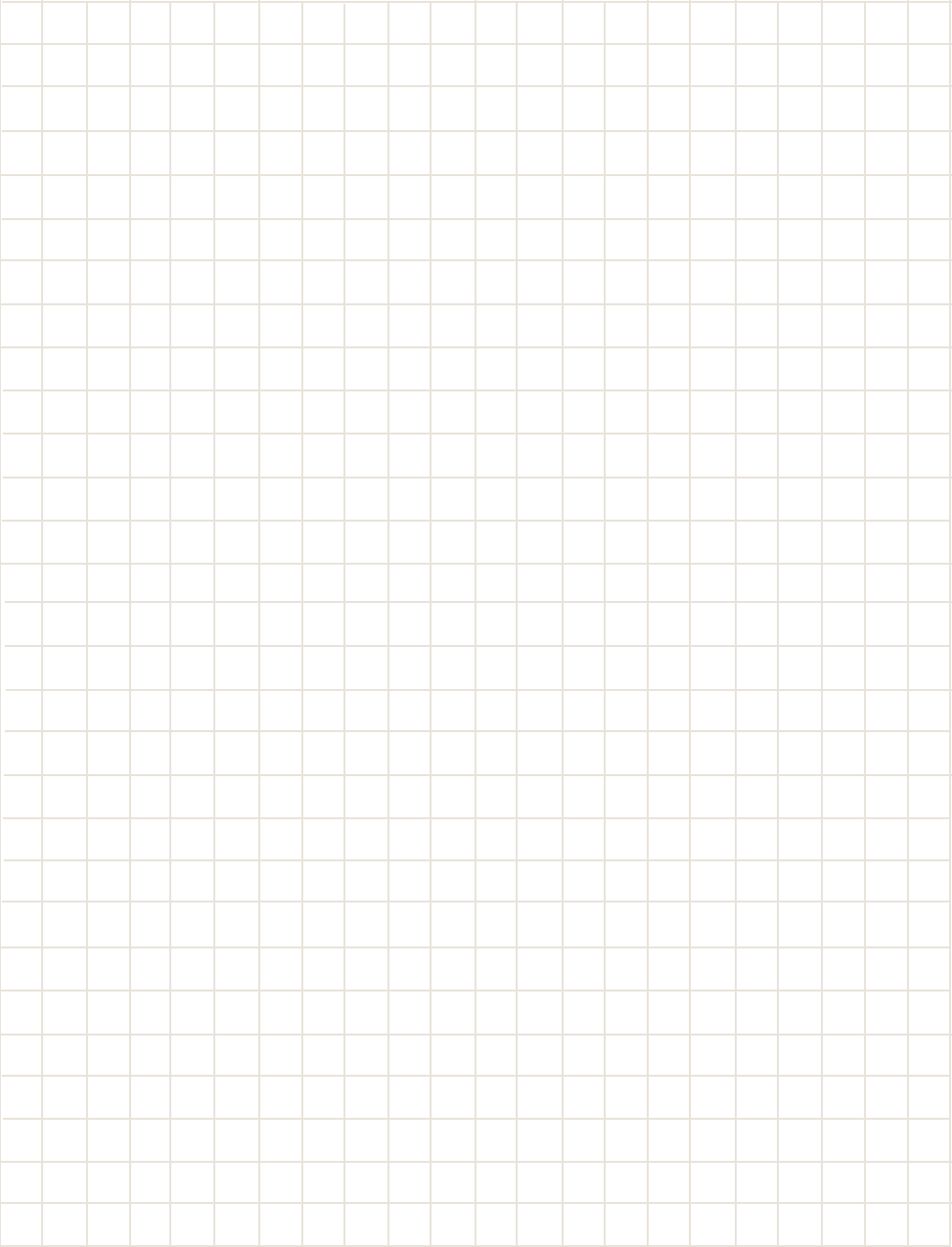
Write about your 21-day journey and all you have learned about yourself. How do you feel about your life, your purpose, and the future? Remember, God placed you on this earth for a specific reason and you have been fearfully and wonderfully made to carry out your assignment. Trust and pray that you will hear him as he continues to speak to you. Immerse yourself in His word, surround yourself with the right people, and look out for those opportunities that will surely come your way

Lined writing area with 24 horizontal lines.

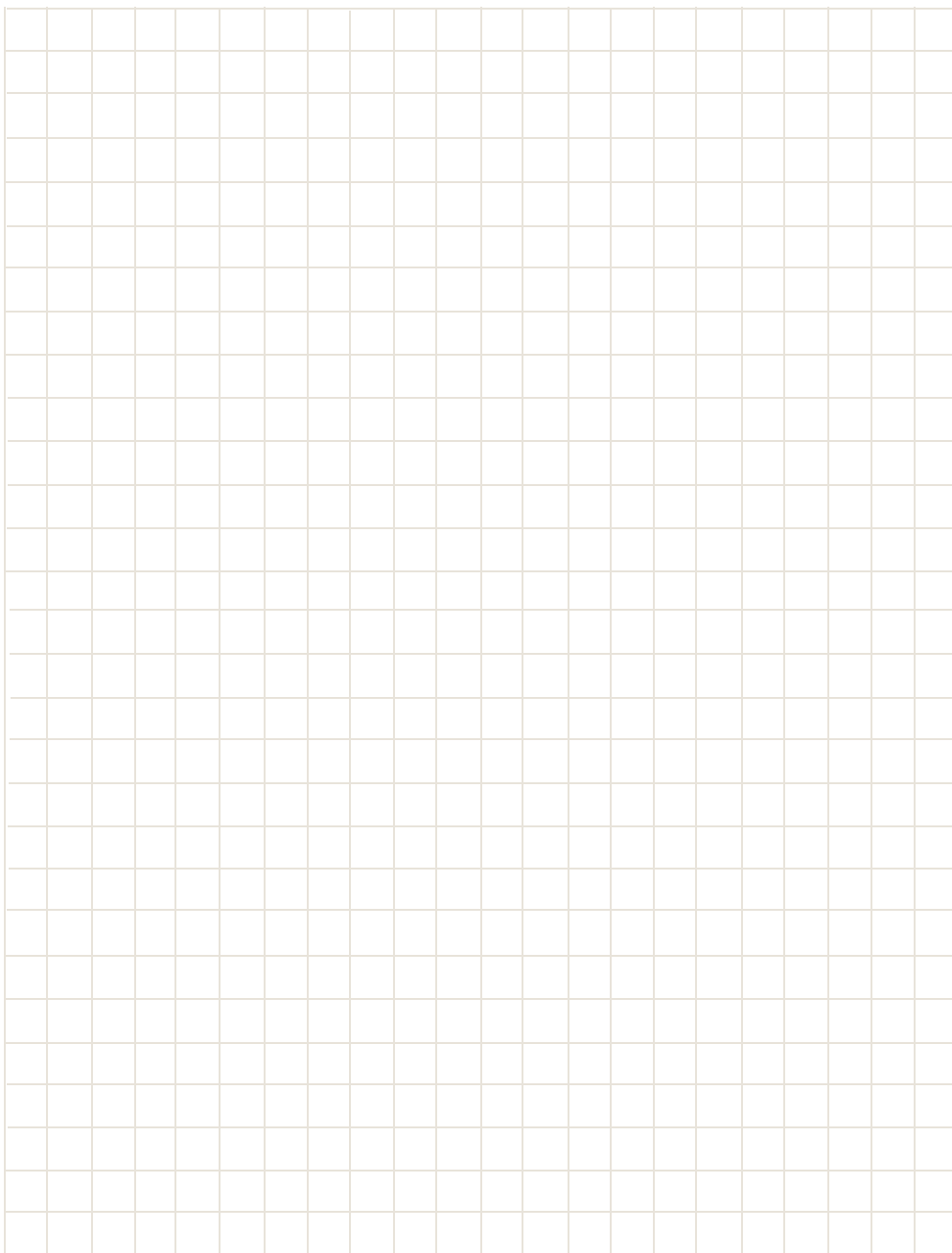
EXTRAS

Notes

Notes

A large grid of graph paper consisting of 20 columns and 30 rows of small squares, intended for writing notes.

Notes



Life Inventory

Now it's time to stop and assess your current situation across a variety of categories. Rate each category on the scale from 1 to 10 - one meaning you're absolutely not satisfied with the current situation and ten meaning that things could not be better. The goal of this exercise is to give you an idea what you should be working on going forward. In each category you can also write down what you're happy with and what you can do to make things better. Also by doing this exercise from time to time (once every 6 months for example, you can get an overview of some progress that you've made. Extra sheets are included.

Your Spiritual Life

01	02	03	04	05	06	07	08	09	10
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Relationships

01	02	03	04	05	06	07	08	09	10
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Finance

01	02	03	04	05	06	07	08	09	10
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Career

01	02	03	04	05	06	07	08	09	10
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Health/Fitness

01	02	03	04	05	06	07	08	09	10
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Recreation

01	02	03	04	05	06	07	08	09	10
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Life Inventory

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Your Spiritual Life

01	02	03	04	05	06	07	08	09	10
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Relationships

01	02	03	04	05	06	07	08	09	10
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Finance

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Career

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Health/Fitness

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Recreation

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