

DREAM LIFE

Workbook



@MOMMYMANIFEST

ABOUT US

Hello and Welcome to the 'Dream Life Workbook'!

Hi there, amazing dreamer! I'm Mommy Manifest, the founder of the 'Dream Life Workbook' and your guide on this exciting journey. If you've ever felt like your dreams are just out of reach, or if you're not quite sure how to take those first steps towards your ideal life, you've come to the right place!

Life's a beautiful, complex journey, and sometimes, we all need a little help to navigate it. That's why I created this workbook – to be your personal roadmap towards clarity and success. Whether you're a busy parent juggling a million things, a young adult starting your career, or anyone in between, this workbook is crafted with love, just for you.



Inside these pages, you'll find not just words, but tools – printable worksheets that are both fun and functional. They're designed to be your companions as you explore the depths of your aspirations.

Remember, I'm here with you every step of the way. As a fellow dreamer and doer, I know the rollercoaster of emotions that comes with chasing dreams. But together, we'll make it fun, engaging, and oh-so-rewarding.

So grab your favorite pen, find a cozy corner, and let's start this adventure together. It's time to unlock your potential and manifest the life you've always dreamed of!

with love,

Mommy Manifest

*Founder of
Manifesting for Minis
& Mommy Manifest*

SELF-AWARENESS

ASSESSMENT

Read the prompts below and think about the first thing that comes to mind. Fill your answers out in the blank boxes.

I AM A HUMAN BEING THAT...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	



LEARNING FROM

YOUR ACTIVITY LOG

Activity Logs are useful for analyzing how you use your time. They help you track changes in your alertness and effectiveness. They also help you eliminate time-wasting activities, so you can be more productive.

Date	Activity	How I Feel	Value <i>(High, Medium, Low)</i>

Once you're done with your activity logs, boost your productivity by applying these actions:

- Eliminate or delegate low-value activities
- Schedule challenging tasks for when you're in your best
- Minimize the number of times you switch between types of task

ACTION

BRAINSTORMING

Action brainstorming can help identify what things are helping or stopping you from achieving your goals.

MY GOAL:

STOP
DOING

DO
LESS OF

KEEP
DOING

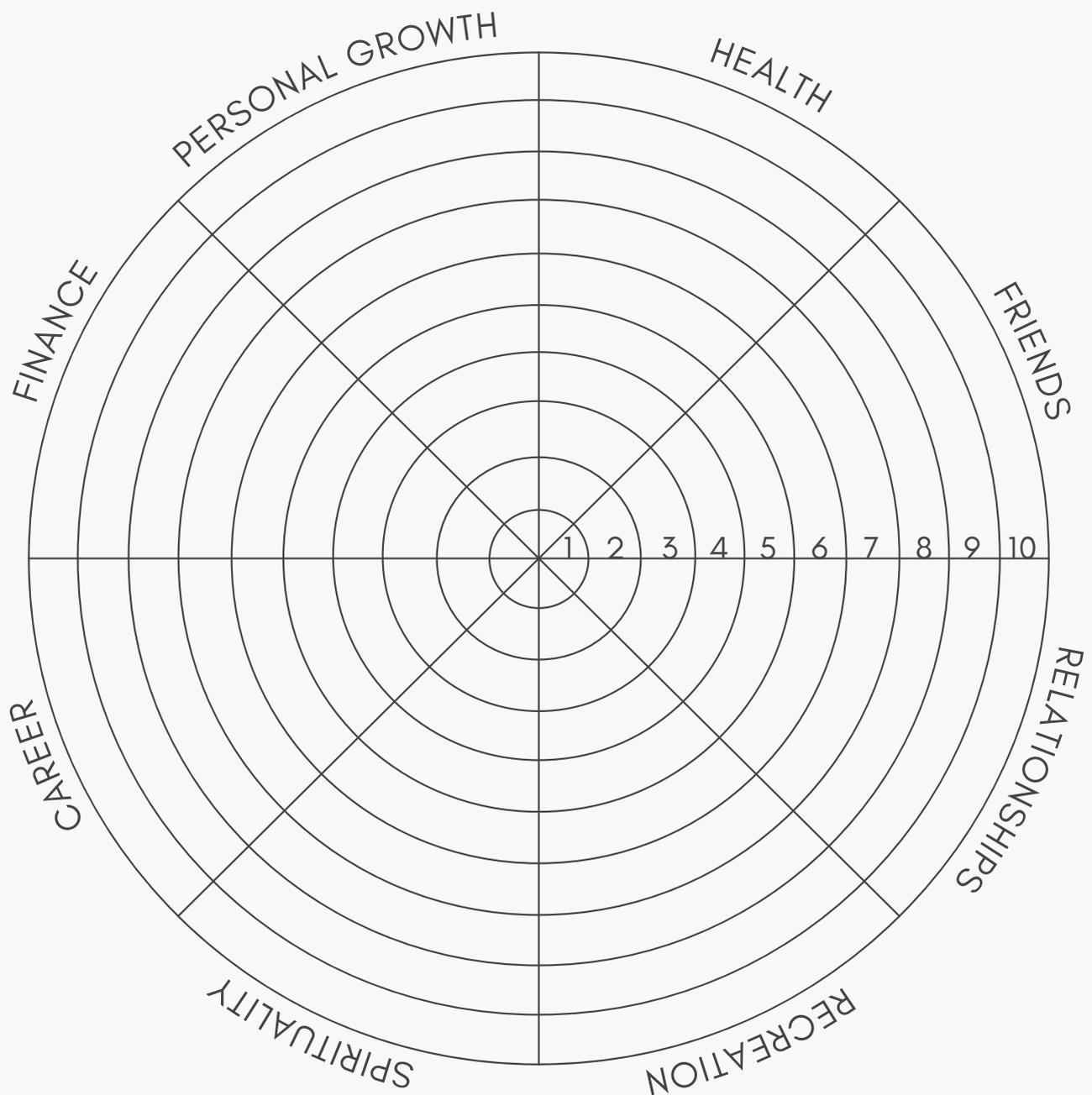
DO
MORE OF

START
DOING

WHEEL OF

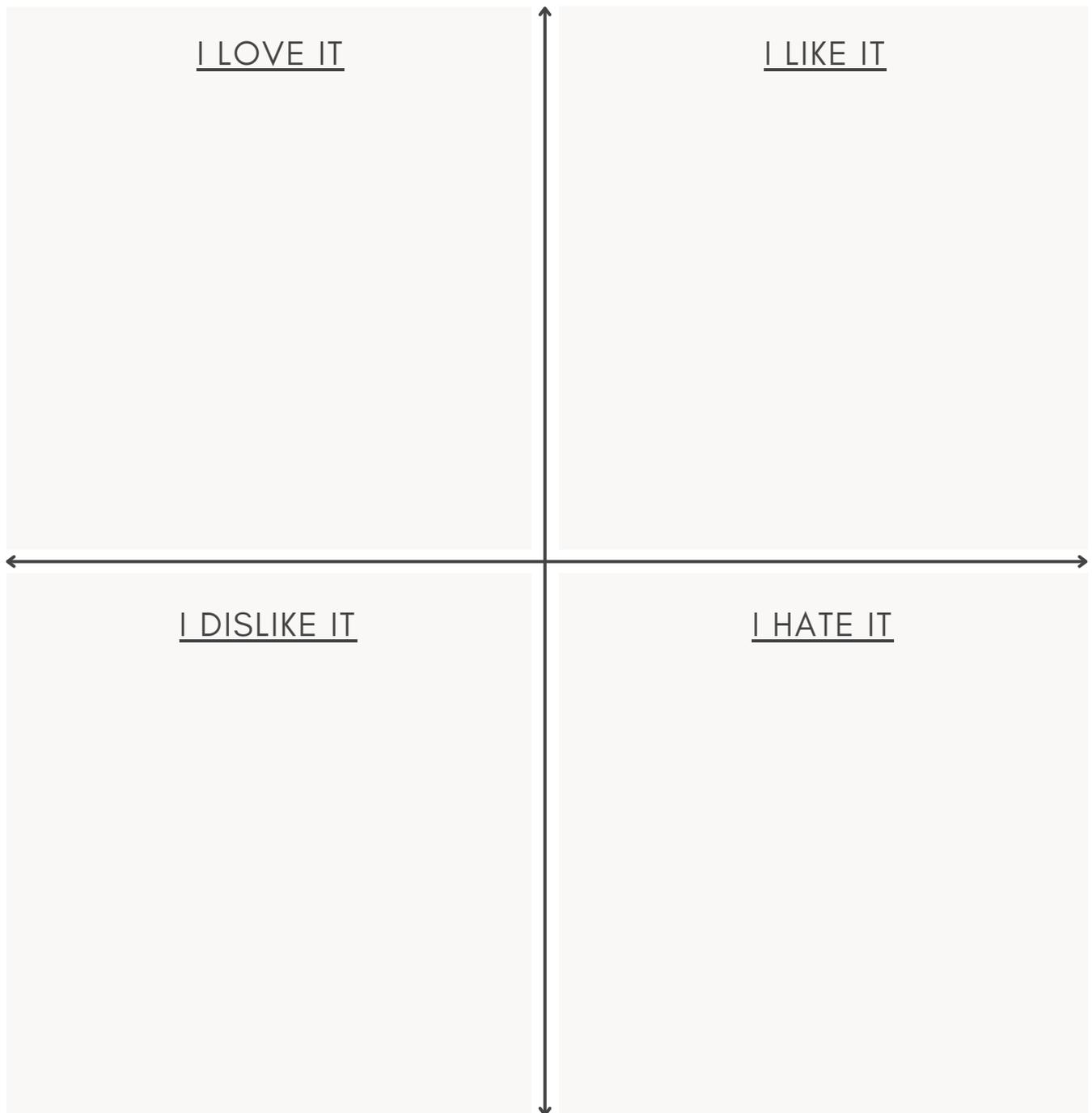
LIFE

The wheel of life is a great tool that helps you better understand what you can do to make your life more balanced. Think about the 8 life categories below, and rate them from 1 - 10.



QUARTERLY MATRIX

Use the four quadrants to organise your daily tasks, helping you see what should be prioritised in your life.



SMART GOALS

When setting goals, make sure it follows the SMART structure. Use the questions below to create your goals.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	



LIFE

GOALS

For each of the categories below, write down things you are doing well and where you need improvement. Take the time to reflect on these, and write a goal for each category.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ SCHOOL</i>			
<i>BODY</i>			
<i>MENTAL HEALTH</i>			
<i>SPIRITUALITY</i>			



UNDERSTANDING

GOALS

Achieving our goals is dependent on whether we take action. Use the table below to understand the "why" of your goals.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?



DECISION MAKING

WORKSHEET

Follow the prompts below to brainstorm solutions to a decision you are facing.
Choose the best solution based on your answers.

WHAT DECISION ARE YOU TRYING TO MAKE?

	ADVANTAGES	DISADVANTAGES	CONSEQUENCES
SOLUTION 1			
SOLUTION 2			
SOLUTION 3			

THE SOLUTION I CHOSE AND WHY



7 DAY

HABIT TRACKER

Keeping track of your habits can help you stay on track and achieve your goals. Fill out your top 12 goals and mark them off each day you successfully complete them.

WEEK OF: _____

HABIT / SELF-CARE STEP	S	M	T	W	T	F	S
01	<input type="checkbox"/>						
02	<input type="checkbox"/>						
03	<input type="checkbox"/>						
04	<input type="checkbox"/>						
05	<input type="checkbox"/>						
06	<input type="checkbox"/>						
07	<input type="checkbox"/>						
08	<input type="checkbox"/>						
09	<input type="checkbox"/>						
10	<input type="checkbox"/>						
11	<input type="checkbox"/>						
12	<input type="checkbox"/>						

REFLECTION NOTES



WEEKLY GOALS

TRACKER

WEEK OF: _____

	MY GOALS	MY FEELINGS	DONE
MON			<input type="checkbox"/>
TUE			<input type="checkbox"/>
WED			<input type="checkbox"/>
THU			<input type="checkbox"/>
FRI			<input type="checkbox"/>
SAT			<input type="checkbox"/>
SUN			<input type="checkbox"/>



SELF-CARE

PLANNER

Prioritising self-care is a very important step in living a balanced and stress-free life. Fill out the boxes below during the week to give yourself time to reflect.

I'M GRATEFUL FOR

EXERCISE AND NUTRITION

MY BIGGEST SELF-CARE GOAL THIS WEEK

HABITS

	S	M	T	W	T	F	S
01	<input type="checkbox"/>						
02	<input type="checkbox"/>						
03	<input type="checkbox"/>						
04	<input type="checkbox"/>						
05	<input type="checkbox"/>						
05	<input type="checkbox"/>						



RATE YOUR THINKING

Look at the life areas below and rate yourself between 1-10 with how self-aware and confident you are in each category.

BELIEF IN YOURSELF

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

NOT VERY

EXTREMELY

ABILITY TO BE POSITIVE

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

NOT VERY

EXTREMELY

FLEXIBLE ATTITUDE

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

NOT VERY

EXTREMELY

DECISION MAKING

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

NOT VERY

EXTREMELY

ABILITY TO STICK TO GOALS

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

NOT VERY

EXTREMELY



WHAT'S IMPORTANT?

Rank the top 10 most important things in your life and estimate how much time you spend on them weekly.

	IMPORTANT THING IN YOUR LIFE	
01		
02		
03		
04		
05		
06		
07		
08		
09		
10		

REFLECTION NOTES



