



## **Journal Prompts to Help You Plan Your Ideal Life**

**Date:** \_\_\_\_\_

- 1. What does my ideal day look like from start to finish?**
  
- 2. How do I want to feel in my daily life?**
  
- 3. What activities make me feel most fulfilled?**
  
- 4. Where do I want to live and why?**
  
- 5. What kind of work do I enjoy most?**
  
- 6. How much money do I need each month to live this life?**
  
- 7. What are 3 career or business paths that support this life?**

**8. What skills or experience do I need to build this future?**

**9. What habits or routines would support the life I want to create?**

**10. What is one small action I can take this week to move toward that life?**