The best way to figure out your Why or how you want to live your life is to journal.

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| Make a list of dreams. What really makes you tick. What is it that you cannot live without?It can be spending time with family or travelling or work life balance or giving back to your favorite cause or a dream home or everything. Be very accurate and write as much details as possible. |
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| Make a what you need to achieve your dreams. Time? Money? Resources? Social support? Everything? Also write down what are you willing to give to bring your dreams into reality. Keep in mind that every prize has a price. There is no free lunch.  |
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| Days of the week | What am I doing  | What I would like to do |
| Monday |  |  |
| Tuesday |  |  |
| Wednesday |  |  |
| Thursday |  |  |
| Friday |  |  |
| Saturday |  |  |
| Sunday |  |  |

Also, this small chart will help you identify your dream life. In 2nd column write down what are you currently doing on each day of the week. In 3rd column write down what do you want to do on each day of the week. If 2nd and 3rd column match then you are already living your dream life. If they don’t, you will realize that you have some work to do.