

How do you feel right now?

Follow the arrows to find ideas for where to start in your *Dream Up Now™* journal.

I FEEL STRONG

I NEED HELP

What feelings would you like to have more often?

What feelings are you struggling with?

CONFIDENCE

Your confidence can help you build the life you want to create. What do you want to create first?

GRATITUDE

Gratitude is one of the most powerful mindsets, clearing a pathway to happiness and self-respect. What do you need to feel thankful more often?

SETTING AND ACHIEVING GOALS

Setting and achieving goals can help you create the life you want. What will help you feel in control?

LIKING MYSELF

The single most important person in your life is you. What would you like to feel more of today?

LETTING GO OF HURT

Letting go of hurt can be tough. How do you really feel? What would you like your hurt feelings to give way to?

SELF-CARE

When you take good care of yourself, you teach other people to respect you. What do you need most today?

NEEDING COMFORT

Sometimes the world feels out of control. What challenge needs a mental hug right now?

LACK OF MOTIVATION AND FOCUS

Thoughts flying around in all directions? What difficult feeling do you want to tame?

WORRIED

Sometimes the future seems uncertain, and other times the past keeps hanging on. What do you want to sort out in the present?

FEAR OF FAILING

No one likes to make a mistake or risk messing up. What needs to be dealt with now for you to feel more confident later?

DEALING WITH CHANGE

It's true that the only constant in life is change, but that doesn't mean it's easy. What are you dealing with right now?

SELF-JUDGMENT

Are you being too hard on yourself? What do you need to sort out in order to become your best you?

POWERLESSNESS

You have a lot going on right now, maybe too much. What's one thing—just one thing—you can deal with first?

FIRED UP
CONFIDENT
WORTHY
POWERFUL
PASSIONATE
ORGANIZED
VALUED
DECISIVE
CHILL

FIRED UP
HOPE
CONFIDENT
POWERFUL
SOCIABLE
WORTHY
HAPPY
FAITH
TOLERANT
ACCEPTING
DECISIVE
APPRECIATION

FIRED UP
APPRECIATION
HAPPY
PEACE
SELF-ASSURED

PEACE
HOPE
WORTHY
TOLERANT
ACCEPTING
CHILL
POWERFUL
VALUED

CONFIDENT
SOCIABLE
FAITH
PASSIONATE
SELF-ASSURED
ORGANIZED
VALUED
DECISIVE
FIRED UP

HOPE
PEACE
APPRECIATION
PASSIONATE
TOLERANT
SELF-ASSURED
ORGANIZED
ACCEPTING
CHILL

TIRED
LOSS
CONFUSED
HURT
LONELY
NERVOUS
DOUBT
ARGUMENTATIVE

PRESSURED
LOSS
PERFECTIONISM
NERVOUS
DISORGANIZED
CONTROLLING
ARGUMENTATIVE

TIRED
CONFUSED
SAD
CYNICISM
ANGRY
DISORGANIZED
INDECISIVE
ARGUMENTATIVE

JEALOUS
CONFUSED
LONELY
PERFECTIONISM
CYNICISM
ANXIOUS
NERVOUS
CONTROLLING

PRESSURED
HURT
LONELY
ANXIOUS
DISORGANIZED
DOUBT
CONTROLLING
INDECISIVE

PRESSURED
JEALOUS
PERFECTIONISM
SAD
CYNICISM
ANGRY
DOUBT
INDECISIVE

TIRED
LOSS
JEALOUS
HURT
LONELY
SAD
ANXIOUS
ANGRY