



# WRITE YOUR LIFE

created by  
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SAMPLE

**I'M WRITING MY LIFE**

IF FOUND, PLEASE RETURN TO:

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**WRITE YOUR LIFE**

by **GOODLIFE**

love your life



# DO YOU EVER FEEL?

STUCK,  
LIKE SOMETHING IS MISSING,  
CONFUSED,  
LONELY,  
INSECURE,  
ACCOMPLISHED BUT UNSURE  
OF WHAT'S NEXT,  
HURT,  
ANGRY,  
AFRAID,  
WITHOUT HOPE,  
OVERWHELMED,  
DISCOURAGED?

**THIS IS FOR  
EVERYONE.**

**WRITE THE LIFE  
YOU WANT, NO  
ONE ELSE WILL  
DO IT FOR YOU.**

- WRITE YOUR LIFE

## **WELCOME TO GOODLIFE**

You're invited to unlock the possibility of PEACE, MEANING, POWER, and SUCCESS and join a society of students committed to experience a life they love.

There's no replacement for applying yourself. This is your life and the results of your life are up to you. Start the journey now. Discover the path to what you really want.

Write Your Life.



# WHY IT WORKS

The Write Your Life Experience can help you meet your goals and improve your quality of life.

The process laid out in this book can be effective for many different reasons and help you reach a wide range of goals. It can help you clear your head, make important connections between thoughts, feelings, and behaviors, and even buffer or reduce the effects of mental illness!

Journaling has been found to:

- > **Boost your mood**
- > **Enhance your sense of well-being**
- > **Reduce symptoms of depression**
- > **Reduce intrusion and avoidance symptoms post-trauma**
- > **Improve your memory**

## How to use this Book

This book has been crafted using scientific research to inform its framework with you in mind. Every chapter is curated to help you experience the peace, meaning, power, and success you want in life. Don't go another day not living a life you love. Pursue it. Chase it. Build it.

Each chapter is built around a **4FACTORLIFE** core area of life. These are the 4 core areas that when healthy, can create the opportunity to live a life you love. At the beginning of each chapter you'll read a **4FACTORLIFE** core overview. Then, move on to the weekly content. Each chapter includes 4 weekly sessions.

## Decide to Engage

There's no replacement for applying yourself. This is your life and the results of your life are up to you. If you don't build the life you want, no one else will do it for you.

# THE 4FACTOR LIFE

**FOCUS**

**FRIENDS**

**FREEDOM**

**FUTURE**

## Follow the Process

Each **4FACTORLIFE** chapter of the book includes 4 sessions that follow a 4-part process: 1) Think 2) Write 3) Believe 4) Act. Let's look at each of these.

### 01 /THINK

Taking time to intentionally pause and consider the thoughts, quotes, statements, or questions laid out will help you awaken to the possibilities for growth and expansion in your life. Contemplate or write your thoughts in this section.

### 02 //WRITE

Writing about your goals, thoughts, feelings and experiences can reduce stress and anxiety, and lead toward accomplishing your dreams. Write down your answer to the question in this section.

### 03 ///BELIEVE

Affirming who you are and who you believe you can be is a powerful tool in experiencing a life you love. Say these statements to yourself then draw a picture or write in your own words a statement to help you remember it.

### 04 ////ACT

Taking active steps toward the life you want is the ultimate factor in realizing the life that is possible. Take action and complete the challenge in this section.

**GOOD IS CALLING  
YOUR NAME**

SAMPLE

**DO  
YOU  
LOVE  
YOUR  
LIFE?**

As people, we're all unique and come from different walks of life. However, no matter our age, gender, or background, most of us generally want the same things. We want to live with internal **PEACE**, free from crumbling under the weight of anxiety and the negative pressures of life. We want to experience **MEANING** in our relationships with others we really know, and who really know us and love us anyway. We want **POWER** to make decisions that we know are best and will lead us toward the life we want. We want to know our life matters knowing real **SUCCESS** means adding value to others and the world around us.

The **4FACTORLIFE** can unlock the possibility to live a life you love. This is **GOODLIFE**.

**FOCUS**

**FRIENDS**

**FREEDOM**

**FUTURE**



# FOCUS

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"THE INSIDE YOU THAT NO ONE CAN SEE  
WILL DETERMINE THE OUTSIDE YOU THAT  
EVERYONE CAN SEE."

FOCUS is all about examining our thoughts, emotions, source of meaning, motives, and intentions that guide our lives. The "inside you" that no one sees ultimately determines the "outside you" that everyone sees. We can only put on a "good" front for so long until things close in on us and reveal that things haven't been "good" at all. We do well at filtering our lives online and crafting the "story" we want everyone else to see, but we often fail to examine and pay attention to what is happening on the inside.

## CODES

1. We live like who we are matters most.
2. We embrace the tension that makes us better.

# FRIENDS

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"THE LIFE WE WANT WILL HINGE ON THE  
FRIENDS THAT WE HAVE"

Relationship equals influence and influence equals power. This means that the people we invest our time, energy, and emotion into will be the ones who often have the power to influence and direct our lives. We'll go to them when we need advice, help, or just someone to hang out with. If we're going to live the GOODLIFE we must pay close attention to the people we're surrounded by, because the life we want will hinge on the friends we have.

## CODES

1. We become the kind of friend we'd like to have.
2. We invest into the relationships that help us grow.

# FREEDOM

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"FREEDOM IS THE POWER TO OWN THE STORY OF OUR LIFE."

The greatest gift we have is freedom. Freedom is the pathway to think, believe, and act as we choose. In some extreme cases, our freedom in one or more of these areas has been violated and/or taken from us. For others, the way someone else used their freedom to think, believe, and act has impacted our story.

Even when circumstances and the decisions of others bring devastating hurt and discouragement into our lives, we still have the power to determine how we will think, believe, and act in response. Placing blame on people and circumstances gives those people or things power and, as a result, we give away the freedom we have to own our life story. Freedom is about acknowledging that we have the power to choose the outcome of our story.

## CODES

1. We make decisions today, that we're still glad we made tomorrow.
2. We live like every decision matters.

# FUTURE

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"WHAT IS, IS NOT ALL THERE IS."

What "is" is not all there is. Every moment of our lives has led us to where we are now. We are all standing at the edge of where we have been and where we will go. When we embrace the gifts and desires we have and the experiences life has brought us, we can use them to create the life we want to live. The past can shape us and teach us but it does not define us. We experience the GOODLIFE when we choose to own every moment as we take one step forward at a time.

## CODES

1. We stride toward the life we want.
2. We do the small things that make big things happen.



# 01 The Journey.

## IN THIS CHAPTER

You'll discover what the **GOODLIFE** is and how to get the most out of this experience.

**GOODLIFE IS  
THE  
LIFE  
YOU  
LOVE.**

Welcome to the journey of discovering inner **Peace, Meaning** in relationships, **Power** through life-giving choices, and how to liberate possibility and the **Success** of living a life you love!

**GOODLIFE** is a lifestyle of loving what is truly good. Loving our lives begins with loving what is truly good in life. There are many things we often call "good" that are not good for us at all. **GOODLIFE** teaches how to experience more life through the core areas we call, the **4FACTORLIFE**.

# Think

Writing about life can reduce stress, anxiety, and the symptoms of depression. Who doesn't want that?  
How can this book guide you to a life you love?

WHAT ARE YOUR THOUGHTS?

# Write

How can the "Write Your Life" experience be good? What would make the experience not good?

GOOD :)

NOT SO GOOD :(

# Believe

I have the power to take daily steps toward good in my life.

DRAW A PICTURE OR WRITE THIS STATEMENT IN YOUR OWN WORDS TO HELP YOU REMEMBER IT.

# Act

Sketch 4 images, or write about 4 things that you think define your life right now. Define 2 things that don't seem good and 2 things that do.

A GOOD THING.

A NOT SO GOOD THING.

A NOT SO GOOD THING.

A GOOD THING.

# Think

Look at all the challenges you've already overcome in life. Maybe you're doing better than you might think?

WHAT ARE YOUR THOUGHTS?

# Write

Write some specific things in your past and/or present that make your life challenging.

PAST.

PRESENT.

# Believe

I can experience peace within.

DRAW A PICTURE OR WRITE THIS STATEMENT IN YOUR OWN WORDS TO HELP YOU REMEMBER IT.

# Act

As you look back on your life, write 3 challenges you have overcome.

SAMPLE

# Think

Look at all the challenges you've already overcome in life. Maybe you're doing better than you might think?

WHAT ARE YOUR THOUGHTS?



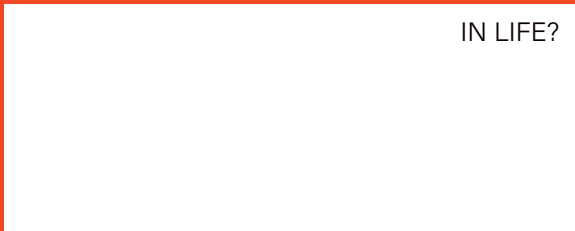
# Write

What are you enjoying in life right now?

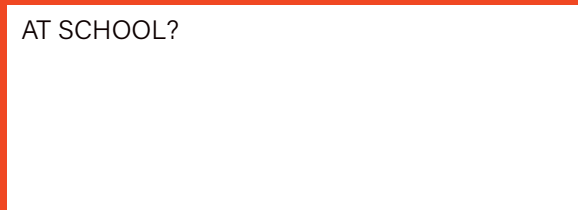
AT HOME?



IN LIFE?



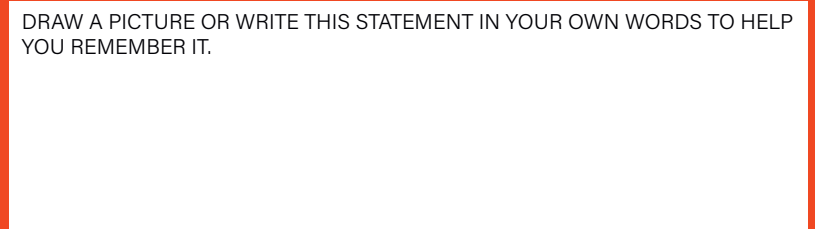
AT SCHOOL?



# Believe

My life can be good.

DRAW A PICTURE OR WRITE THIS STATEMENT IN YOUR OWN WORDS TO HELP YOU REMEMBER IT.



# Act

Sketch or write three of your favorite memories.



# Think

Anyone can think negative thoughts. It takes skill to think about things that are good.

WHAT ARE YOUR THOUGHTS?

# Write

Write about a time when you felt fulfilled or satisfied in life.

# Believe

I can experience a fulfilling life.

DRAW A PICTURE OR WRITE THIS STATEMENT IN YOUR OWN WORDS TO HELP YOU REMEMBER IT.

# Act

Look more closely.

Why do you think you felt most fulfilled and/or satisfied during that time?

**Circle the answers that apply to you:**

I realized I was good at it

It made me feel good

I felt like I was helping someone else

I felt like it was my "calling"

People noticed me because of it

Write your own answers



# REMEMBER THIS

GOODLIFE IS  
THE LIFE  
YOU  
LOVE.

## JUST FOR FUN

**WOULD YOU RATHER.....**

HAVE A MANSION BUT NO CAR OR LUXURY CAR  
BUT NO MANSION

**WOULD YOU RATHER.....**

BE RICH OR BE FAMOUS?

**HOW ARE YOU FEELING TODAY?**

MARK THE FACE THAT APPLIES TO YOU



## EXTRA NOTES

HERE'S SOME FREE SPACE  
TO EXPRESS YOURSELF

SAMPLE

# 02 FOCUS

“THE INSIDE YOU THAT NO ONE CAN SEE WILL LEAD TO THE OUTSIDE YOU THAT EVERYONE CAN SEE”

## IN THIS CHAPTER

You'll discover that who you are matters most and decide who you really want to be.

## Everything begins within

FOCUS is all about examining our thoughts, emotions, source of meaning, motives, and intentions that guide our lives.

The “inside you” that no one sees ultimately determines the “outside you” that everyone sees. We can only put on a “good” front for so long until things close in on us and reveal that things haven’t been “good” at all. We do well at filtering our lives online and crafting the “story” we want everyone else to see, but we often fail to examine and pay attention to what is happening on the inside.

# Think

Who you are matters more than what you accomplish.

WHAT ARE YOUR THOUGHTS?

# Write

What is the story you want others to tell about you? In other words: How do I want to be viewed and/or known by others?

# Believe

I can become who I want to be.

ILLUSTRATE OR WRITE WHAT IT LOOKS LIKE TO BELIEVE THIS FOR YOUR LIFE.

# Act

Make a list of your own or check all the things you wish were true about the person you are.

- I am focused
- I am disciplined
- I am in shape
- I am a good student
- I am kind
- I am generous
- I am caring
- I am supportive
- I am understanding
- I am devoted
- I am strong
- I am a great friend
- I work hard
- I am honest
- I am respectful
- I am humble
- I am authentic
- I am courageous

**WRITE YOUR OWN LIST**

# Think

Mastering how we speak to ourselves could change everything.

WHAT ARE YOUR THOUGHTS?

# Write

Write the negative stories you tell yourself about you?

Things like:

I'm not \_\_\_\_\_ enough.

I don't have what it takes.

If only I had \_\_\_\_\_ then I could succeed.

# Believe

I am enough.

ILLUSTRATE OR WRITE WHAT IT LOOKS LIKE TO BELIEVE THIS FOR YOUR LIFE.

# Act

Make a list of all the positive things you think about yourself, even if it's uncomfortable. These prompts will help.

What talents do you have?

What skills have you learned?

What would someone close to you say are good things about you?

# Think

It's often not who you are that holds you back, it's who you "think" you are.

WHAT ARE YOUR THOUGHTS?

# Write

From the list you made about things you wish were true about you in the last session, which quality will you have the most difficult time developing? Why?

# Believe

I will take steps toward good today.

ILLUSTRATE OR WRITE WHAT IT LOOKS LIKE TO BELIEVE THIS FOR YOUR LIFE.

# Act

Check at least one action statement you can take this week to become the person you want to be. If you take more than one step, mark them in order from 1-5.

- Ask a mentor for advice
- Read and learn about the subject
- Invest time praying and or meditating about it
- Ask a friend to check on my progress
- Give myself written reminders in a place I can see them.

# Think

We must become great people before we can do great things.

WHAT ARE YOUR THOUGHTS?

# Write

How would your daily actions need to change to pursue the life you want? Here are some ideas to get you started.

**Wake up 15 minutes earlier each day.**

**Exercise for 5 minutes a day.**

**Show intentional kindness to one person each day.**

# Believe

I can do this today.

ILLUSTRATE OR WRITE WHAT IT LOOKS LIKE TO BELIEVE THIS FOR YOUR LIFE.

# Act

Based on what you've discovered about yourself and where you want to be in life, rate your health in each **4FACTORLIFE** area from 1-5. Explain why you rated yourself this way.

**1 BEING DEPLETED OF HEALTH, 5 BEING FULL OF HEALTH**

- FOCUS**  
Do I have internal PEACE?
- FRIENDS**  
Am I experiencing MEANING in my relationships?
- FREEDOM**  
Am I using my POWER to make decisions to lead me toward the life I want?
- FUTURE**  
Am I experiencing SUCCESS in the way I add value to my life and the lives of others?

REMEMBER THIS

GOODLIFE IS  
THE  
LIFE  
YOU  
LOVE.

What is most important?

fame or honesty

money or joy

devoted or getting ahead

straight A's or doing your best

serving others or being served

what is best or what is easy



## EXTRA NOTES

HERE'S SOME FREE SPACE  
TO EXPRESS YOURSELF

SAMPLE