

WRITE
SAMPLE
YOUR
LIFE

created by
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I'M WRITING MY LIFE
IF FOUND, PLEASE RETURN TO:
SAMPLE

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?

SAMPLE **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 it's 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.

Use it every year

Every day we learn, grow, expand in our mindsets, attitudes, and skills. Each day we experience things that bring changes into our lives. The Write Your Life experience is designed to be an intentional way to take a look at where you've been, where you are and where you are going. Re-order your book every year at; iwantgood.org/wyl.

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
SAMPLE
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

"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

"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

"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

"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.

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

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?

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.

Write

What are you enjoying in life right now?

AT HOME?

IN LIFE?

AT SCHOOL?

SAMPLE

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

YOU

LIFE

LOVE.

SAMPLE

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?

Believe

I can become who I want to be.

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

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?

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 yourself 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?

Believe

I can do this today.

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

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.

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
YOU LIFE
LOVE.

SAMPLE

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

03

FRIENDS

“THE LIFE YOU WANT WILL HINGE
ON THE FRIENDS THAT YOU HAVE.”

IN THIS CHAPTER

You will learn how to build meaningful relationships in your life.

Relationships can make you or break you.

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.

Think

Every part of your life is connected with relationship. This means relationships have the power to change everything in your life for better or worse.

WHAT ARE YOUR THOUGHTS?

Believe

I can build great relationships.

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

Act

Write down the top 5 characteristics that make up a good friend using the list below:

- | | |
|---------------|----------------|
| Trustworthy | Supportive |
| Dependable | Self-confident |
| Loyal | Fun |
| Compassionate | Giving |
| Good listener | Understanding |

1. _____
2. _____
3. _____
4. _____
5. _____

Why did you choose each trait?

Write

Who are your closest friends?

Why are they your closest friends?

Think

Your future looks a lot like your friends!

WHAT ARE YOUR THOUGHTS?

Write

Do you think you're the kind of friend you'd like to have?

Why or why not?

Believe

I can be a great friend.

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

Act

Make a list of the ways you are a good friend and the ways you are sometimes not a good friend.

✓ _____	X _____
✓ _____	X _____
✓ _____	X _____
✓ _____	X _____
✓ _____	X _____

SAMPLE

Think

Friends can make you or break you.

WHAT ARE YOUR THOUGHTS?

Write

Who in your life is not leading you toward the story you want for your life?

SAMPLE

What do they do to lead you away from the life you want?

Believe

I am worthy to be loved.

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

Act

Determine and take a step to either distance yourself from that relationship or place boundaries to limit their ability to influence you.

What step(s) will you take?

I will say no when I think no is best, even if it disappoints

person's name

I will speak up if I'm uncomfortable with something

_____ is pressuring me to do.

person's name

I will set time limits on how often I invest time with _____

person's name

I will honor my values without compromise.

I will be very careful about how vulnerable I am

with _____

person's name

WRITE YOUR OWN

Think

Scientific research reveals that we often become like the people with whom we surround ourselves. Things like physical health, personal happiness, and even financial earnings and achievements are all directly linked to those we are surrounded by.

WHAT ARE YOUR THOUGHTS?

Believe

I bring good to others.

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

Write

How would you describe the perfect friend?

Act

Choose 3 things from your "perfect friend" description and do that for someone this week. Write them below once you do them.

1. _____

2. _____

3. _____

REMEMBER THIS

be the
kind of
friend you
would like
to have.

Level Up Challenge

Write a note or send a text to 3 people you're thankful for, and tell them why you're thankful for them.

Some ideas to get you started...

EXAMPLE:

Thanks for always being there for me.
Thanks for listening to me vent the other day.
Thanks for inspiring me to be better.
Thanks for staying true to who you are; it helps me stay true to who I am.

04

FREEDOM

“YOU HAVE THE POWER TO OWN
YOUR LIFE STORY.”

IN THIS CHAPTER

You'll discover that you have the power to own your life story.

Choices determine outcomes.

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.

Think

You don't **have** to do anything. Everything is a choice.

WHAT ARE YOUR THOUGHTS?

Believe

I can make good choices.

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

Write

What are the things in your life that you wish were different?

Act

What things in life are you grateful for?

SAMPLE

Think

There are many things in life we have no power to control. What things do you always have the power to control?

WHAT ARE YOUR THOUGHTS?

Believe

I do not have to stay a victim.

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

Write

On your list of things you wish were different from the previous page, are there things you blame someone or something else for?
(A hurt, position in life, failure, relationship, etc)

Act

Take one of the following steps as needed:

1) Write a note or have a conversation with someone offering them forgiveness WITHOUT “calling them out” for what they did or expecting anything in return.

2) Determine a measurable step toward healing, write the step down, and tell someone about the step you’re taking.

Next Step Ideas:

- > Talk to a parent, teacher, coach, pastor, mentor, or counselor. Who will you tell?
- > Journal about the experience that brought you pain

3) If you blame a personal decision or outside circumstance, write down what you could have done differently in the moment and what you can do differently moving forward.

Think

You'll accomplish every goal you never set.

WHAT ARE YOUR THOUGHTS?

Write

How would you describe your ideal life in your current stage of life?

SAMPLE

Why would this be an ideal life for you?

Believe

My choices determine my destination.

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

Act

On the next page, write a narrative describing your ideal life.

Be very descriptive and avoid generalizations. Be specific to include your personal hopes, dreams, and especially your ideal self.

My Ideal Life | SAMPLE

I am a dedicated student receiving A's and B's from my school work. I am always on time for practice and school, and I am very committed to everything I do. I treat everyone with kindness, going out of my way to help others and notice and meet the needs of others. I always tell the truth, and those around me can count on me. As a result, I have thriving and meaningful relationships with my parents, mentors, friends, and family. I carry no secrets or shame. Even when life is unfair, or others' decisions may impact me negatively, I do my best to make decision that move me forward. I deal with my challenges by talking with others and evaluating what might be going on below the surface to become better. I actively use my abilities, talents, and knowledge to add value to others. I love my life.

Write Your Narrative

SAMPLE

Think

No one has the power to take my choices away. I always have a choice, even if they are limited.

WHAT ARE YOUR THOUGHTS?

Believe

I can.

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

Write

What do you think it means to take power/ownership of your life, and how can you do that?

Act

Determine and implement one thing you can start doing tomorrow to lead you toward the results you want in your life.

Things like:

- > Forgive & show kindness to others
- > Limit social media time
- > Serve someone without a reward or recognition
- > Start a new healthy habit like; exercising or reading a book

Write your one thing here:

05

FUTURE

“WHAT IS, IS NOT ALL THERE IS.”

IN THIS CHAPTER

You'll discover that consistently doing the right and best things over time will lead to the life you want.

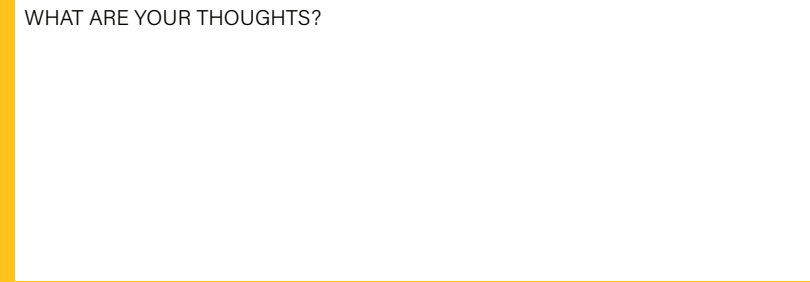
The path of possibility

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.

Think

No one can do everything, but everyone can do something.

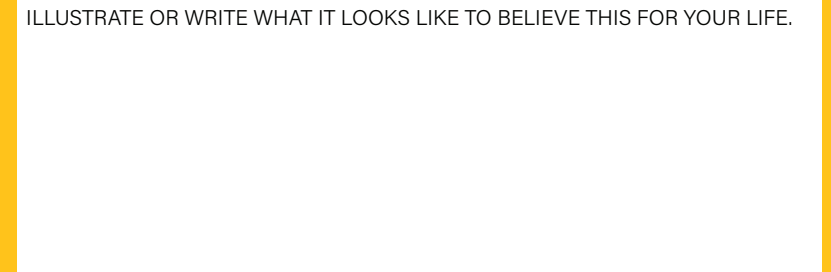
WHAT ARE YOUR THOUGHTS?



Believe

I can make a difference.

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



Write

If money and time were unlimited resources, what problem would you fix?



Act

Research the problem you want to fix, and write what you learned.



Why is this problem important to you?



What one thing can you do to help solve or fix the problem.



SAMPLE

Think

Every action moves us toward or away from our goals.

WHAT ARE YOUR THOUGHTS?

Believe

My life matters.

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

Write

If you could fix one problem in your school, what would it be?

Act

Talk with a teacher, counselor, or administrator and ask them what they would fix. Write their answers here.

Why is this a problem you want to fix?

What one thing can you do to help solve or fix the problem.

SAMPLE

Think

Our home base impacts everything else. How would everything else in life be better if your home life was better?

WHAT ARE YOUR THOUGHTS?

Believe

Change can start with me.

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

Write

What is something you wish were different in your home/ family life?*

Act

Ask someone else in your home what they wish were different and write it here.

Why do you wish this were different?

Do one thing this week to be a part of the solution to that problem in your home. Write down how it went.

*(*Note: If you're in danger in any way or have been harmed in the past at home, go to a school counselor, teacher, coach, or mentor and tell them right away. Let them help you even if it's hard.)*

SAMPLE

Think

GOODLIFE is about something deeper than the things we do, things we have, and things we accomplish.

WHAT ARE YOUR THOUGHTS?

Believe

Things around me change when I change.

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

Write

What is one habit, character challenge, or struggle you wish were different about you?

EXAMPLE: "I wish I could be more truthful in the things I say and do."

Act

Determine one thing you can do everyday to make progress in the area you wrote about.

WRITE IT HERE.

IDEAS FOR YOU:

Replace a not so good habit with a good one

Learn about the character quality you want to develop

Talk to a mentor about the struggle you're facing

REMEMBER THIS

**stride
toward
the life
you want.**

FORMULA FOR LIFE:

CONSISTENCY

**+
TIME**

=

RESULTS

EXTRA NOTES

HERE'S SOME FREE SPACE
TO EXPRESS YOURSELF

SAMPLE

06

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

I CAN EXPERIENCE PEACE WITHIN AND
HAVE CONFIDENCE IN WHO I AM.

Think

The things that emotionally charge you point you to the things that have power in your life.

WHAT ARE YOUR THOUGHTS?

Write

Make a list of who or what has power in your life. Answers like parents, friends, media, the news, social media, social norms, or a difficult circumstance may be on your list.

Power: The ability to influence or direct.

Believe

I am in charge of my life.

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

Act

Make a list of the things you most often invest your time in and what you think about most.

Make a list of what gets you emotionally charged (positively or negatively). **Emotionally Charged:** When someone experiences a strong emotion that is difficult to control.

Think

The things that are important to you will demand your attention.

WHAT ARE YOUR THOUGHTS?

Write

In the last week, who or what did you find yourself investing the most time, energy, and emotion into? List them in order of most important to least important.

Believe

Only I choose how I feel.

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

Act

Make a list of who or what you think may have **too** much power/influence in your life.

Why do you think they may have too much power/influence in your life?

Think

We have given power to the things that trigger feelings of anger, frustration, anxiousness, and defeat within us.

WHAT ARE YOUR THOUGHTS?

Believe

I can be stable.

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

Write

What triggers feelings of anger, frustration, anxiousness, and defeat within you?

trig·gered- is to have an intense emotional or physical reaction after encountering and experiencing a memory, conversation, or any other event.

Act

As you think about what triggers feelings of anger, frustration, anxiousness, and defeat within you, what boundaries can you set to reduce the triggers?

Here's some ideas to get you started:

- Be intentional with how much time you're investing on social media
- Pay attention to how often and what things you say "yes" to
- Be thoughtful about who you trust when you open up

Think

Growth is hard. What if we allowed the tension, pain, conflict, and difficult times in life to make us better?

WHAT ARE YOUR THOUGHTS?

Write

To whom or what should you give the freedom to have influence in your life?

Believe

I can make it through anything.

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

Act

For the next 7 days, write down or make a note in your phone every time you feel triggered by something or someone.

1

5

2

6

3

7

4

REMEMBER THIS

embrace
the tension
[DIFFICULT THINGS IN LIFE]
that can
make you
better.

How to Deal

TENSION = PAIN

Your PAIN points to a PROBLEM. It's that underlying cause for your frustration, fear, or failure. Acknowledging the problem can point you to take a step toward PROGRESS in overcoming that problem. And Progress can point you to experience PEACE. When you have peace, you have POWER.

So, how do you deal? Use this P5 Process!

P1 > PAIN

What do I feel?
(or how am I feeling?)

P2 > PROBLEM

Why do I feel the way I feel?
(What is the root cause of my feelings?)

P3 > PROGRESS

What step can I take now that is within my control,
toward overcoming the problem?

P4 > PEACE

What would peace look for me now?
(What would have to be true for my problem not
to be a problem?)

P5 > POWER

How would you describe who you are if you were
okay, even when the circumstances outside of your
control are not okay?

EXTRA NOTES

HERE'S SOME FREE SPACE
TO EXPRESS YOURSELF

SAMPLE

07

FRIENDS

“THE LIFE YOU WANT WILL HINGE
ON THE FRIENDS THAT YOU HAVE.”

IN THIS CHAPTER

You'll discover how to set boundaries in relationships using the GOODLIFE T.E.M.P. guide.

Relationships
can make you or
break you.

I CAN EXPERIENCE MEANINGFUL, REAL, AND
LASTING RELATIONSHIPS WITH OTHERS.

Think

Dating is tough and in most cases, dating relationships don't work out at this stage in life. It's difficult to navigate who to date and why you want to date them. What if you had a clear picture in your mind of what a healthy relationship could like like?

WHAT ARE YOUR THOUGHTS?

Believe

I am worthy of being loved.

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

Write

Describe the perfect dating relationship.

Act

Ask someone at least 10 years older than you the same question.

SAMPLE

Think

How many times have you or someone you've known said something like, "I jumped into that relationship too quickly!" This doesn't have to be your story.

WHAT ARE YOUR THOUGHTS?



Believe

My mental and emotional health is worth protecting.

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



Write

How do you know you're getting too close too quickly when dating?



Act

Write what you think it looks like to "take your time" going into a relationship.



SAMPLE

Think

What's your **T.E.M.P.**?

Our investment of **T**ime, **E**motions, **M**oments, and **P**hysical affection will determine how close we get to someone.

WHAT ARE YOUR THOUGHTS?

Write

From the "**T.E.M.P. Guide**" what is out of balance causing you to be too close too quickly in your relationship? If you're not dating yet, describe what you think each word means in the context of a dating relationship. (See **T.E.M.P. Guide at the end of this section**).

Believe

I have control of my relationship decisions.

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

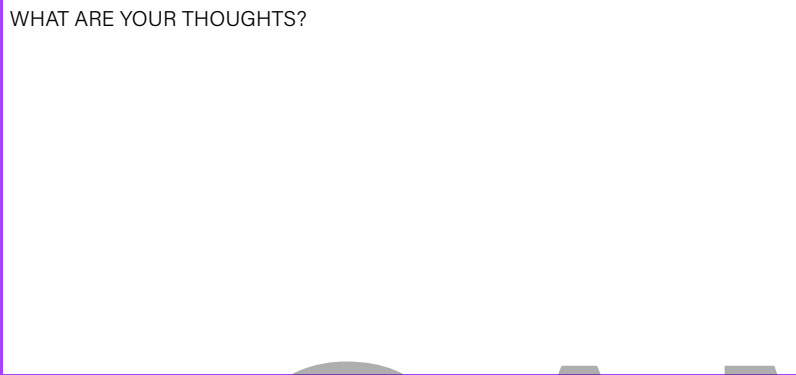
Act

Ask someone at least 10 years older than you what they think healthy **T.E.M.P.** boundaries would look like in these areas. Then write down their answers.

Think

Do you want to be in a relationship that causes you negative mental and emotional stress?

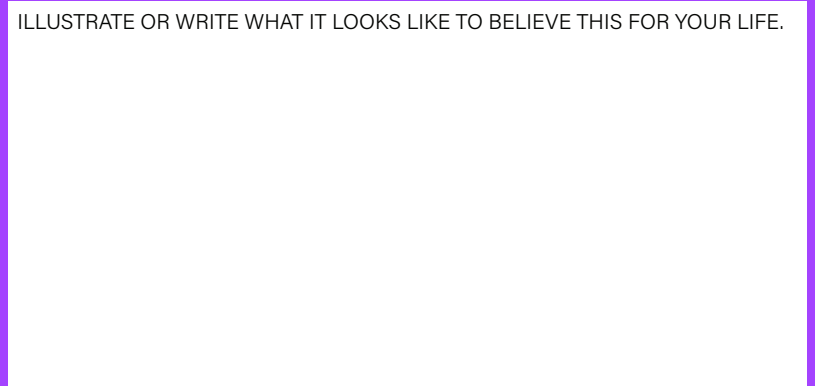
WHAT ARE YOUR THOUGHTS?



Believe

My mental and emotional health is worth protecting.

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



Write

How could dating help you experience more life and a better story?

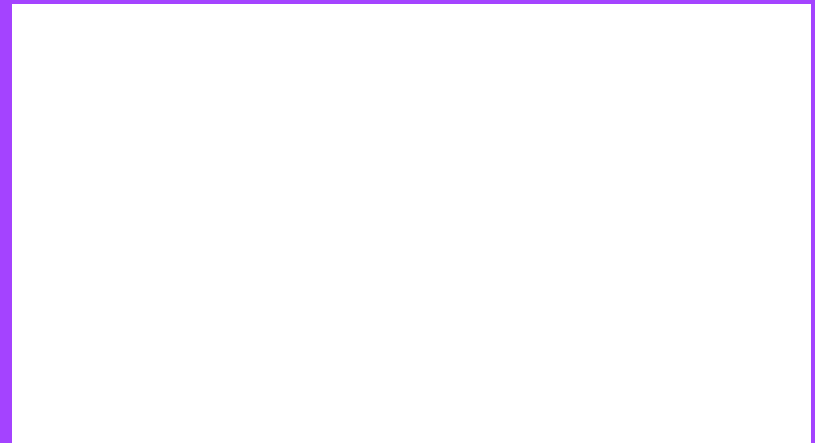


How could it "take life" and hurt your story?



Act

Don't let a dating relationship keep you from the life you want most. End it, set boundaries, or change the way you're doing it. If you're not currently dating, write down some commitment statements on how you will handle dating in the future. Use the **T.E.M.P.** Guide to help you set standards and boundaries before you begin dating.



REMEMBER THIS

invest into the
relationships
that help you
grow.

* CAN WE ADD SOME ALIKE THERMOETER /GAUGE *

The more you invest into the T.E.M.P. areas, the more attached and connected you are in a relationship.



time

How much time am I investing into this relationship?



emotions

How often am I easily triggered or is my mood and/or overall happiness affected in a positive or negative way by this relationship?



moments

Are we creating meaningful shared experiences with each other? (This includes vulnerable and meaningful conversations, shared secrets, inside jokes, etc.)?



physical affection

Do we often physically touch? This includes hugs, kisses, holding hands, etc. (This may also include those you may be physically vulnerable with through technology.)

EXTRA NOTES

HERE'S SOME FREE SPACE
TO EXPRESS YOURSELF

SAMPLE

08

FREEDOM

“YOU HAVE THE POWER TO OWN
YOUR LIFE STORY.”

IN THIS CHAPTER

You'll discover that you have the power
to own your life story.

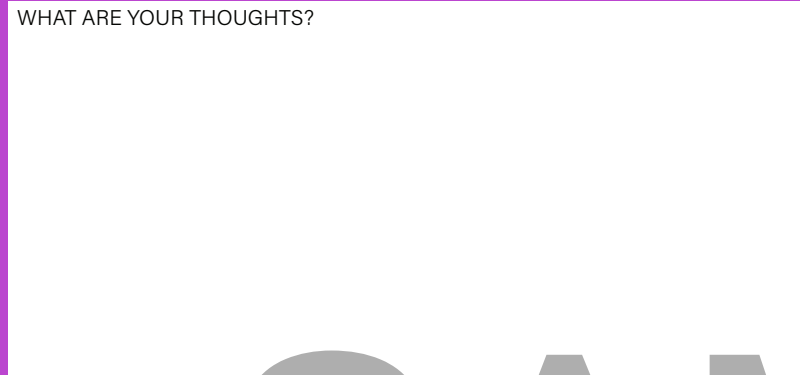
Choices
determine
outcomes

EVERY DECISION MATTERS.

Think

Who do you admire most in life? What if you could become someone others admire?

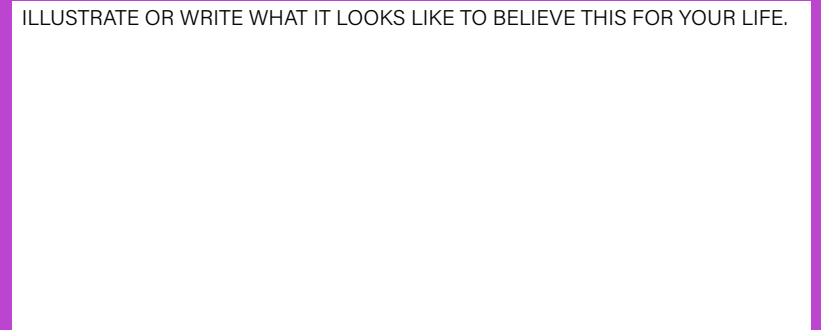
WHAT ARE YOUR THOUGHTS?



Believe

I can make healthy decisions for myself.

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



Write

What are some things in your life that you know are good for you (or make you better), but you don't like to do?

Ideas to get you started:

Homework, going to school, working out, eating healthy



Act

Choose one thing from your list and do that thing each day or as often as possible for the next 7 days.




SAMPLE

Think

Do you think it's hard to become the person you want to be? Why or why not?


WHAT ARE YOUR THOUGHTS?



Believe

I can become the person I want to be.

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



Write

Who is one person you know personally that you look up to?



Why do you admire them?



Act

What is "one thing" you believe the person you admire did to make them who they are? Implement "that one thing" into your life this week.



SAMPLE

Think

Was it hard to come up with someone you know personally that you admire in last week "write" section? If so, why do you think that is?

WHAT ARE YOUR THOUGHTS?

Write

Mark the area below that you find yourself struggling in the most?

- Showing respect for and building strong relationships with others
- Applying myself to my studies, work, and/or things I have committed to
- Investing my time in the best ways

Talking with someone I can trust about what I'm dealing with on the inside

Believe

My small steps matter.

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

Act

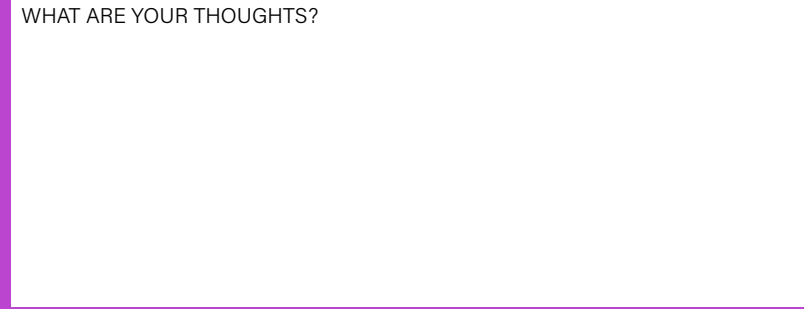
What can you do this week that will lead to improvement in that area?

SAMPLE

Think

As you look at where you were in life 6 month ago and now, are you happy with the results?

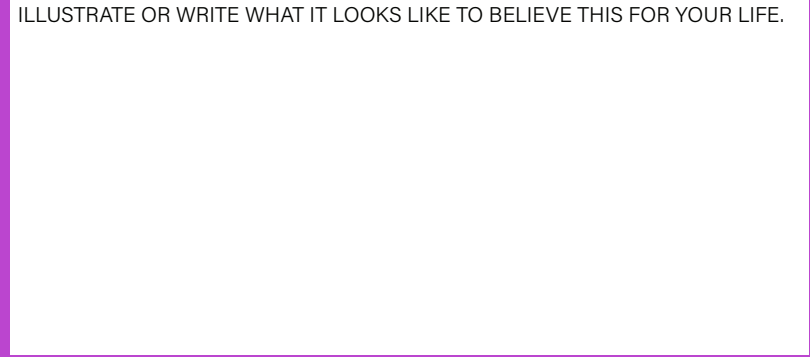
WHAT ARE YOUR THOUGHTS?



Believe

I can make life giving decisions.

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



Write

What has improved in your life recently?



Act

What can you implement into your daily life that will lead you toward the life you love, AKA your **GOODLIFE**?



SAMPLE

REMEMBER THIS
make decisions
today that you're
still glad you
made tomorrow.

How to make GOOD decisions

Typical questions we ask when we're trying to make a decision:

Is it right or wrong?

Is it good or bad?

Does it feel good and make me happy?

Is it normal?

These are okay questions, but there is a better question that will lead you straight to the life you want.

IS IT BEST?

This question works for everything!
Next time you have a decision to make ask yourself the question, "Is it best?"

EXTRA NOTES

HERE'S SOME FREE SPACE
TO EXPRESS YOURSELF

SAMPLE

09

FUTURE

SAMPLE

“WHAT IS, IS NOT ALL THERE IS.”

IN THIS CHAPTER

You'll discover how to take daily steps to become the person you want to be

The path of
possibility

I CAN LOVE MY LIFE.

Think

Progress begins with knowing what you really want in life.

WHAT ARE YOUR THOUGHTS?

Write

Write about some of your greatest achievements in life so far.

Believe

Every decision matters.

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

Act

Dream a little. What would you like to accomplish?

IN THE NEXT 2 WEEKS

IN THE NEXT 6 MONTHS

IN THE NEXT 5 YEARS

IN MY LIFETIME

SAMPLE

Think

Do you ever feel like you're living to please others?

WHAT ARE YOUR THOUGHTS?

Write

Do you ever feel like you're just going through the motions trying to accomplish the tasks of each day?

[Blank writing area]

Do you ever feel your value is determined by what you do?

[Blank writing area]

Why do you feel that way?

[Blank writing area]

Believe

I am valuable because of who I am, not what I do.

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

[Blank writing area]

Act

Write down some successes and failures in your life and how they made you feel. Put thought into it and be specific about your feelings.

[Blank writing area]

SAMPLE

Think

GOOD**LIFE** is more about who you are than what you accomplish.

WHAT ARE YOUR THOUGHTS?

Believe

My failures don't define me.

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

Write

What would you change in your life right now if you lived like who you are matters most?

Act

If accomplishments, successes, and failures don't define me, what does? Write down your answers.

Write about who you think you are.

SAMPLE

Think

Things can change in our lives and all around us. One thing remains; it's still **your** life.

WHAT ARE YOUR THOUGHTS?

Write

Who is the person you would like to become in the area of personal character?

To help you get started, things like:
Honest, loyal, compassionate, genuine, etc.

Believe

Who I am on the inside matters most.

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

Act

Determine and implement one thing into your life that will help you become the person you want to be.

SAMPLE

REMEMBER THIS

small things
make big
things happen.

THINK ABOUT THIS.....

one lyric line at a time
Makes a great song.
Great songs make great albums.
Great albums lead to one
Download at a time.
one download at a time
leads to a platinum album.

THOUGHTS?

***MAKE STICKY NOTE DARKER ***

10

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 gratefulness can change the way we see life.

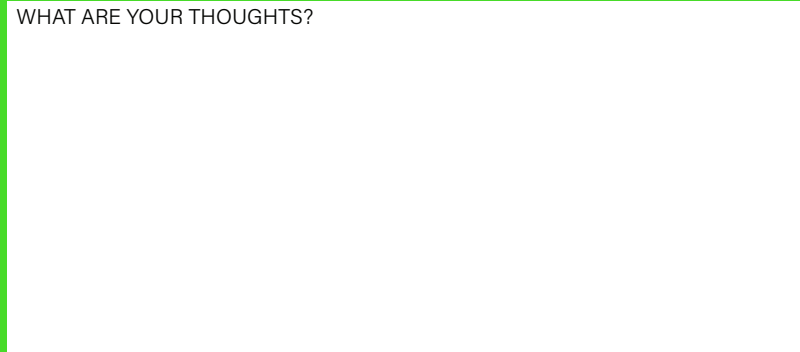
Everything
begins within

WHO I AM MATTERS MOST.

Think

Is it hard for you to celebrate good things? Take a minute to reflect on some good.

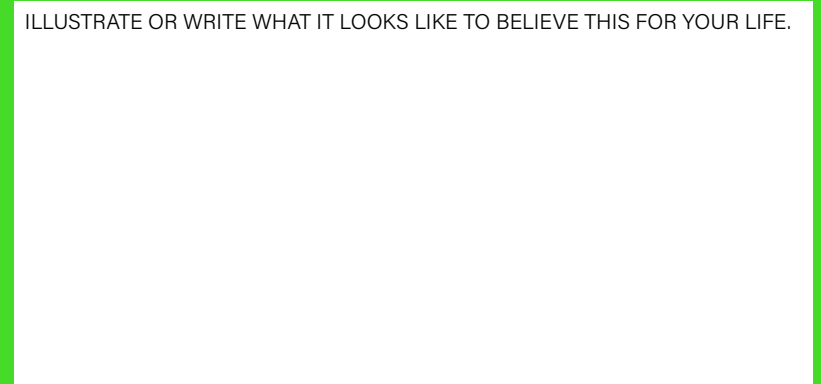
WHAT ARE YOUR THOUGHTS?



Believe

My story is still being written.

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



Write

What were the greatest highlights and let-downs of last year?



Act

As you look at your highlight and let-down list, write about how each of them impacted you or made you feel and why.



SAMPLE

Think

What would be different in life if you stayed positive?

WHAT ARE YOUR THOUGHTS?

Believe

I choose positivity.

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

Write

Are you feeling more optimistic or pessimistic about life right now?

Why?

Act

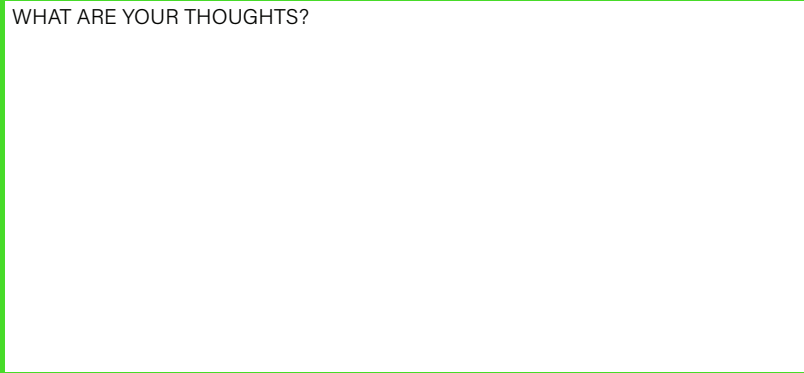
Write about what you feel optimistic or pessimistic about right now and why.

SAMPLE

Think

Some say attitude is everything. Do you agree?

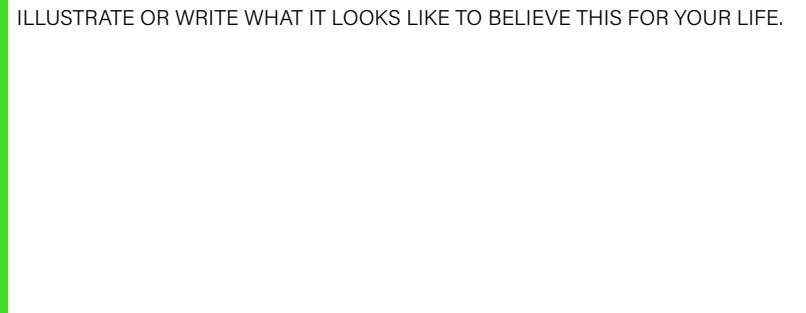
WHAT ARE YOUR THOUGHTS?



Believe

I choose to be grateful.

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



Write

How do you think perspective and attitude can inform your optimistic or pessimistic view on life?



Act

To begin changing your perspective, make a list of things you're grateful for in life. Write the things you're grateful for on here, on a post-it note, note card, or reminder on your phone to help you be reminded of them.



SAMPLE

Think

What is the light of life?

WHAT ARE YOUR THOUGHTS?

Believe

I choose good things.

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

Write

Where do you receive encouragement, refreshment, and/or positivity in your life? We'll call these "points of light."

Act

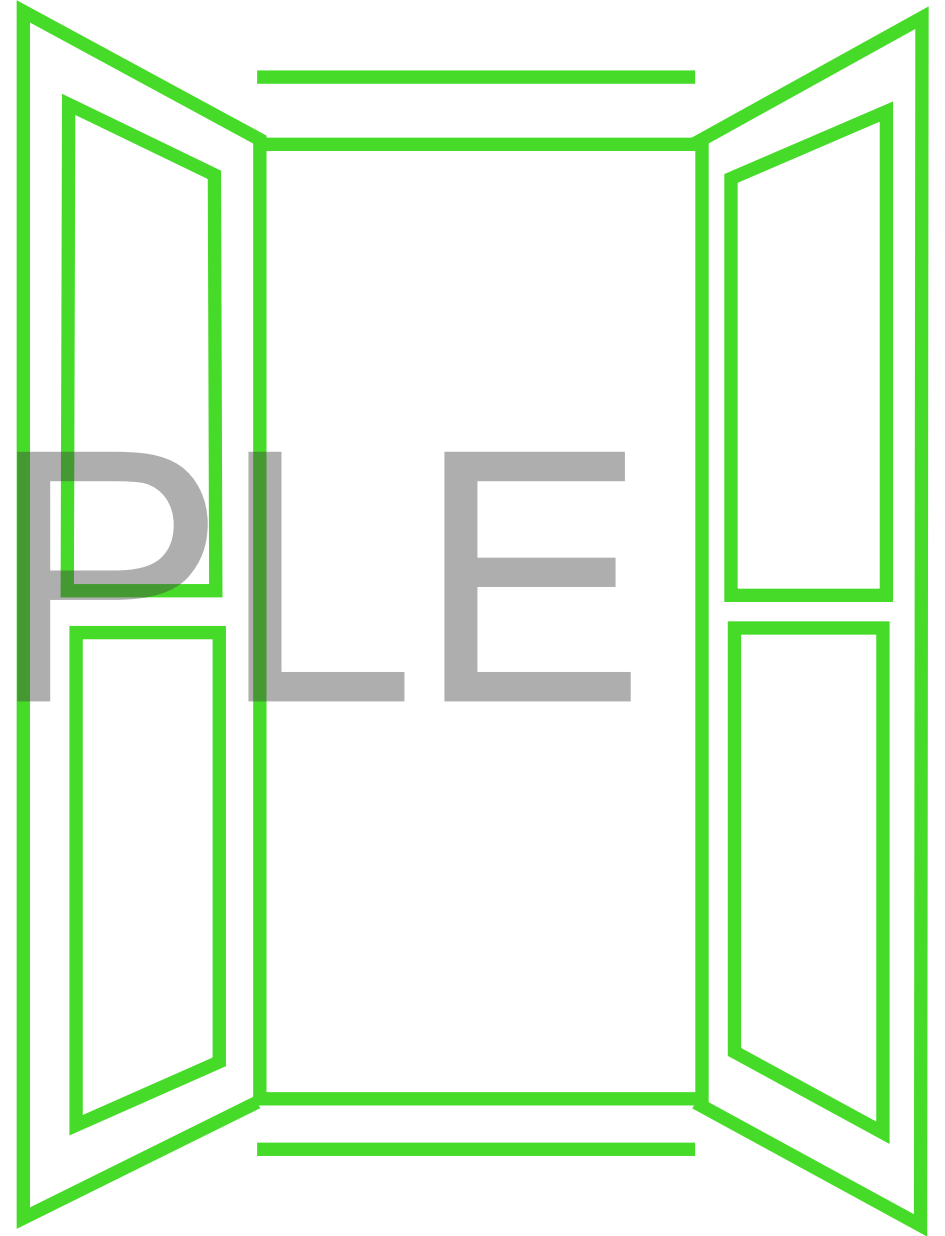
Determine a step you can take daily or weekly toward incorporating those points of light into your life.

SAMPLE

Write some of the things that you are grateful for inside the window.

REMEMBER THIS

Let the light in
through the
window of a
grateful heart.



11 FRIENDS

“THE LIFE YOU WANT WILL HINGE ON THE FRIENDS THAT YOU HAVE.”

IN THIS CHAPTER

You'll discover how to create new relationships with people who help you grow.

Become
the kind of
friend you'd
like to have

THE BEST WAY TO FIND A FRIEND IS TO BE A FRIEND.

Think

Experience alone doesn't make us better; evaluating the experience makes us better.

WHAT ARE YOUR THOUGHTS?

Believe

I am growing.

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

Write

What have you gained the most and/or has meant the most to you through the "Write Your Life Experience"?

Why?

Act

Write down all the things you have learned through this experience.

SAMPLE

Think

One of the best ways to find a friend is to be a friend.

WHAT ARE YOUR THOUGHTS?

Believe

I will build great relationships with others.

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

Write

Who do you see yourself spending the most time with in the next 2 months?

Act

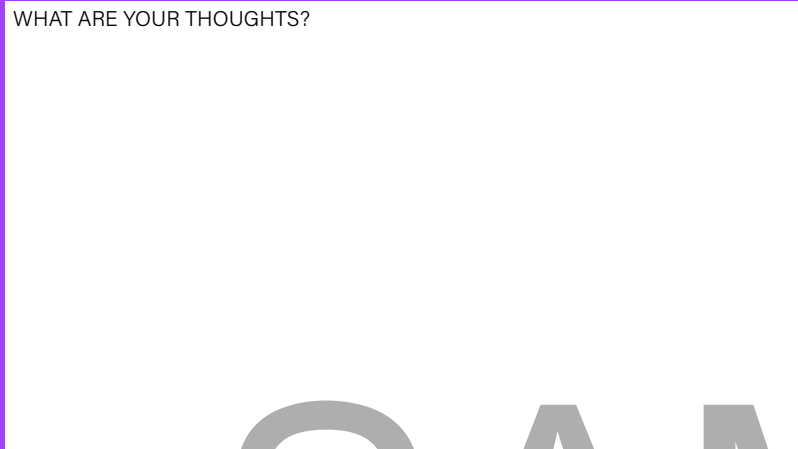
Write down the names of 3 people you would like to develop a better relationship with right now and why. This can be a peer, adult mentor, or family member.

SAMPLE

Think

Great relationships don't happen by accident.

WHAT ARE YOUR THOUGHTS?



Believe

I can be the kind of friend others would like to have.

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



Write

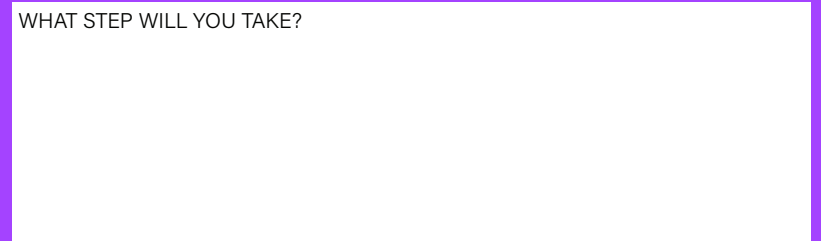
From the last week's "Act" challenge, why did you choose the 3 people you chose to develop a better relationship with?



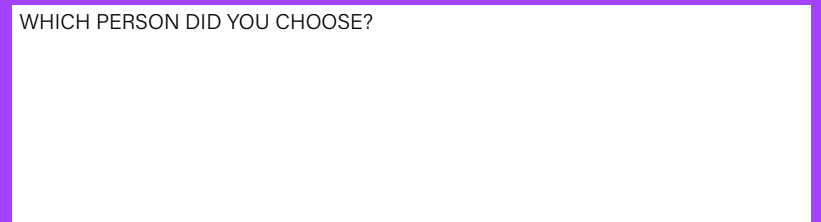
Act

Determine a step you can take toward improving your relationship with one of those three people. Then, take the step.

WHAT STEP WILL YOU TAKE?



WHICH PERSON DID YOU CHOOSE?

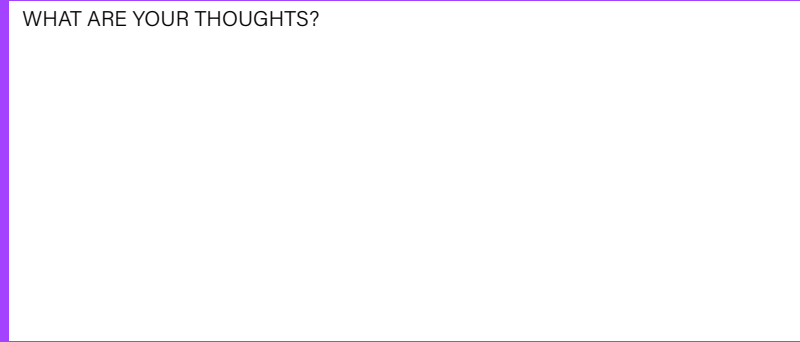


SAMPLE

Think

Life's best moments are shared with others.

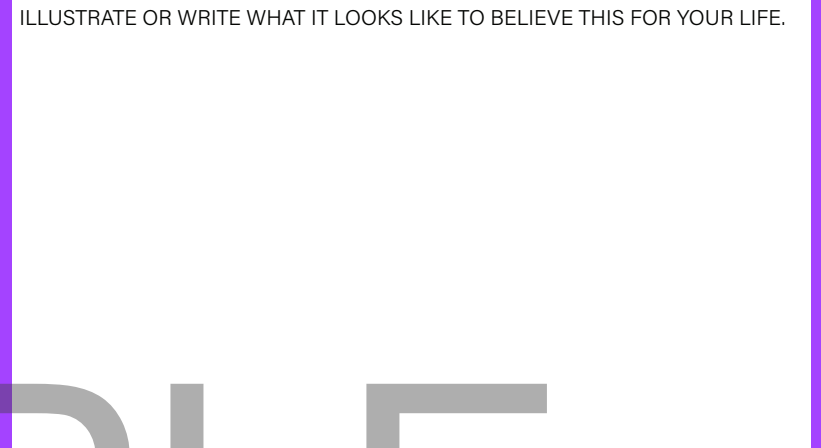
WHAT ARE YOUR THOUGHTS?



Believe

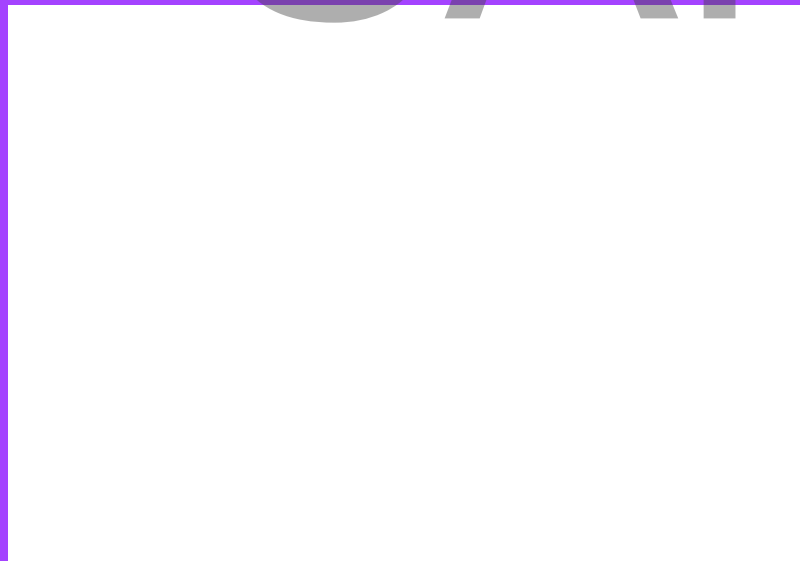
I can experience personal fulfillment when I have fun with others.

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



Write

What do you love about the season (winter, spring, summer, fall) you're in right now? What is one activity that you love to do in this season?



Act

Plan time this week to do something you love. If you can't do it this week, schedule a time when you can do it. Write down what you want to do, who you'll invite and when you will do it.

WHAT?

WHO?

WHEN?



SAMPLE

REMEMBER THIS

Life is better
when lived
with people
you love.

Circle the 3 experiences you want to make happen with some people you love in the next 3 months.

Go to a sports game, concert, or theater performance
Host a movie marathon
Make a 3 course meal
Canoeing
Host a game night
Volunteer somewhere to make a difference
Hiking
Plan a picnic

MAKE A LIST OF YOUR OWN IDEAS DOWN HERE:

-
-
-
-
-

12 FREEDOM

“FREEDOM IS THE POWER TO OWN
THE STORY OF YOUR LIFE.”

IN THIS CHAPTER

You'll discover how to evaluate your
life to build a better one.

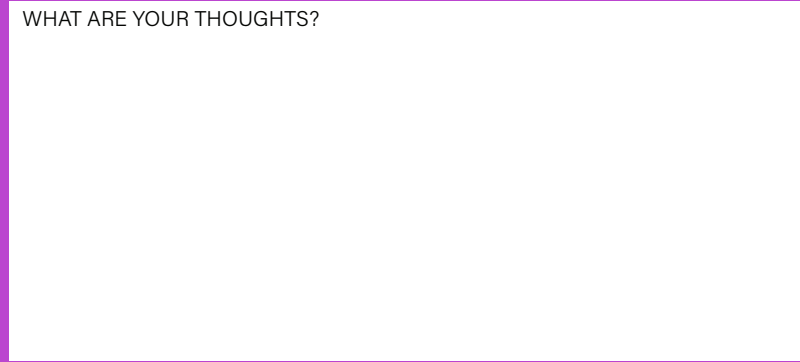
Choices
determine
outcomes.

I CAN OWN MY LIFE STORY.

Think

Moving forward begins with knowing where we are now.

WHAT ARE YOUR THOUGHTS?



Believe

I will move forward.

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



Write

What are you most excited and nervous about in the coming year?



Act

Write some things you can improve upon to make this year better than last year.

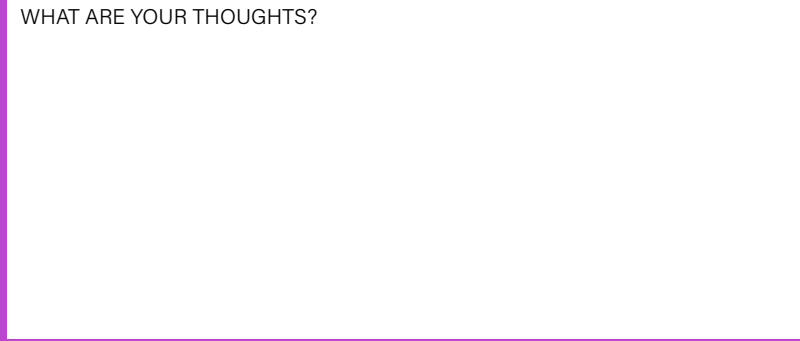


SAMPLE

Think

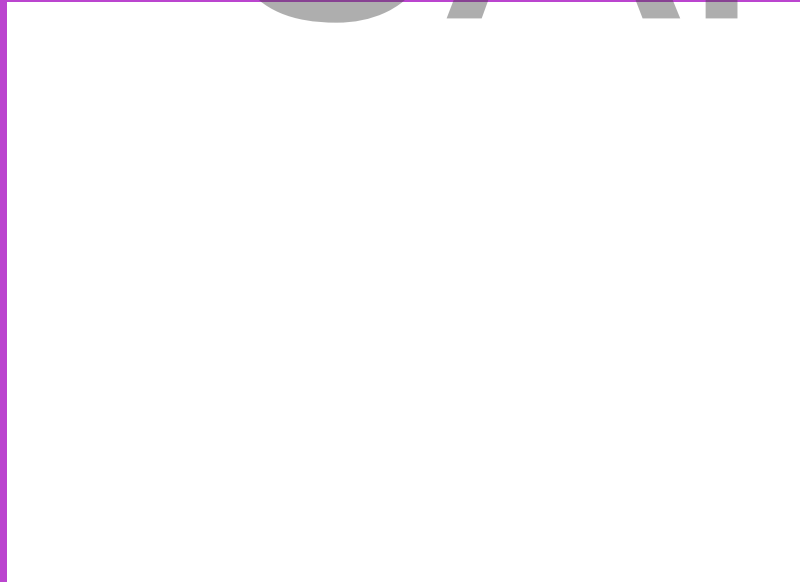
Writing down our goals is the best first step in achieving our goals.

WHAT ARE YOUR THOUGHTS?



Write

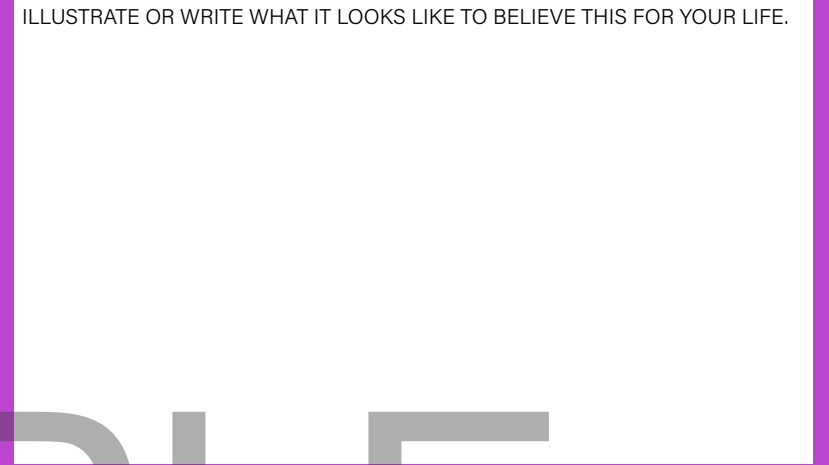
What are some of your plans or goals this year?
(ex. getting all A's & B's, being in the musical, playing on a certain team, etc.)



Believe


I can accomplish my goals.

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



Act

Make a list of hurdles you think could keep you from realizing your plans or achieving your goals.

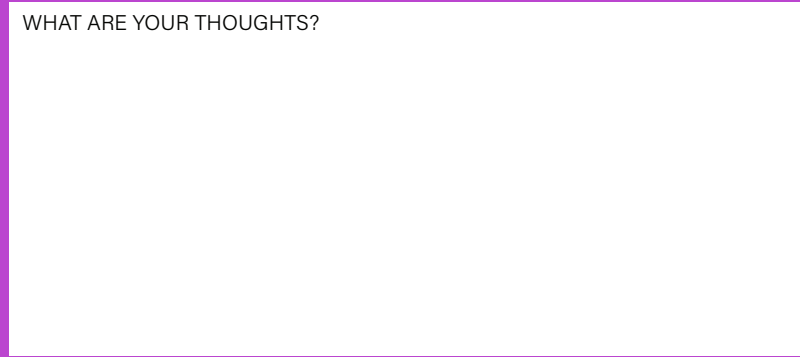


SAMPLE

Think

Our life is the result of the patterns we follow.

WHAT ARE YOUR THOUGHTS?



Believe

I will practice healthy habits today.

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



Write

What are some healthy habits or disciplines you can implement that you know would help you this year?



Act

Dig deeper; write about why you think the habits or disciplines you wrote down will help you.

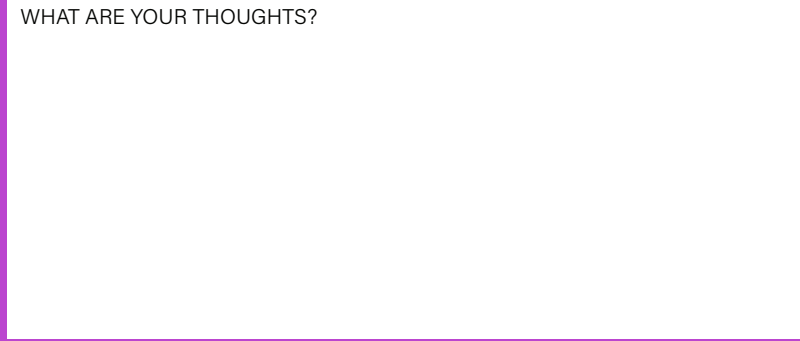


SAMPLE

Think

Telling someone else our goals is the best second step toward achieving our goals.

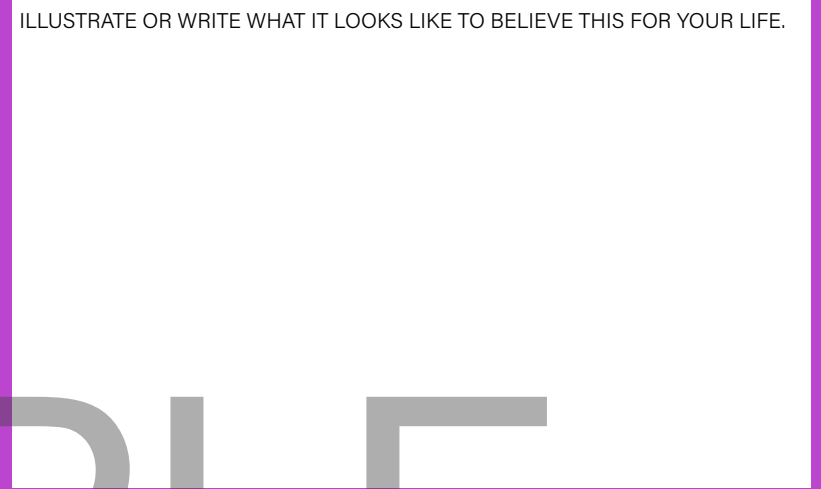
WHAT ARE YOUR THOUGHTS?



Believe

The life I want is possible.

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



Write

What would make a good mentor? How could a mentor help you win in life this year?



Act

Write down all the ways you can help yourself win in life this year.



SAMPLE

REMEMBER THIS

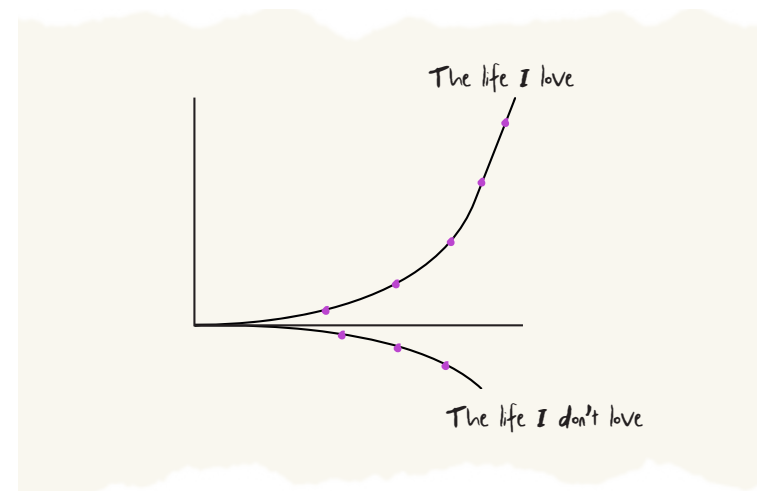
Our life is the
result of our
patterns.

Every point on the chart represents a decision. Which direction are your decisions taking you? Why?

The life I love

The life I don't love

Why?



13

FUTURE

“WHAT IS, IS NOT ALL THERE IS.”

IN THIS CHAPTER

You'll discover how to live the life you love.

SAMPLE

The path of
possibility

I CAN DO THIS.

Think

The inside you that no one can see will determine the outside you that everyone can see.

WHAT ARE YOUR THOUGHTS?

Believe

Internal peace is possible.

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

Write

What does it mean to live with internal peace?

Act

Look back at each "FOCUS" chapter in this book. Determine one thing you will do to pursue peace in life.

SAMPLE

Think

The life you want will hinge on the friends you have.

WHAT ARE YOUR THOUGHTS?

Believe

Meaningful relationships are possible.

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

Write

How do you build meaningful relationships with others?

Act

Look back at each "FRIENDS" chapter in this book. Determine one thing you will do to pursue meaning in relationships.

SAMPLE

Think

Choices determine outcomes.

WHAT ARE YOUR THOUGHTS?

Believe

I have the power to own the story of my life.

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

Write

How do the decisions I make give me power in life?

Act

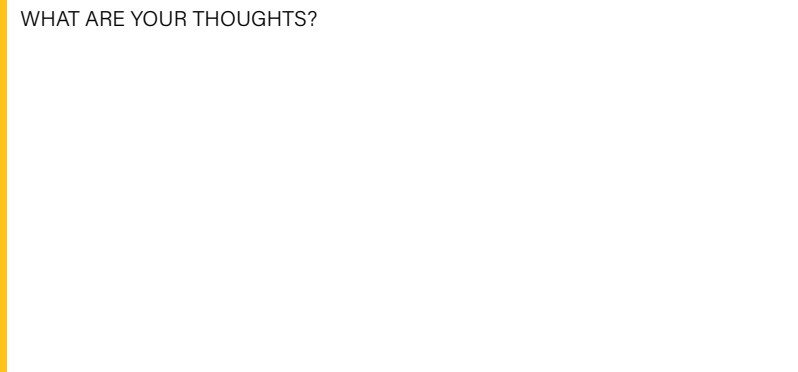
Look back at each "FREEDOM" chapter in this book. Determine one thing you will do to make the decision today that you're still glad you made tomorrow.

SAMPLE

Think

My future starts today.

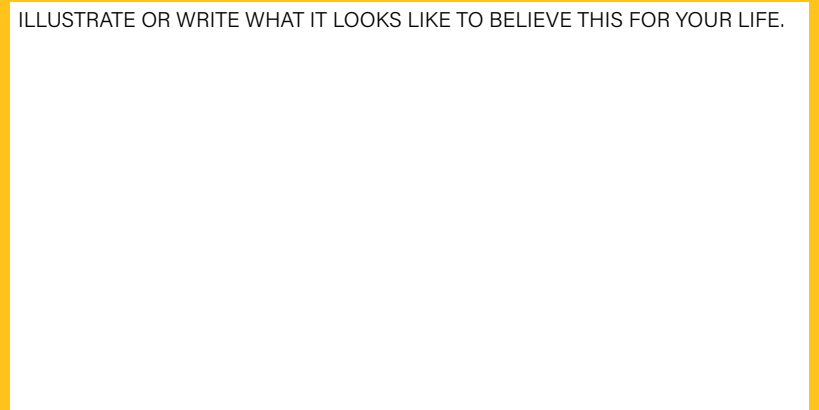
WHAT ARE YOUR THOUGHTS?



Believe

My future is full of possibility.

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



Write

What does it mean to stride toward the life you want?



Act

Look back at each "FUTURE" chapter in this book. Determine one small thing you will do to stride toward the life you want.



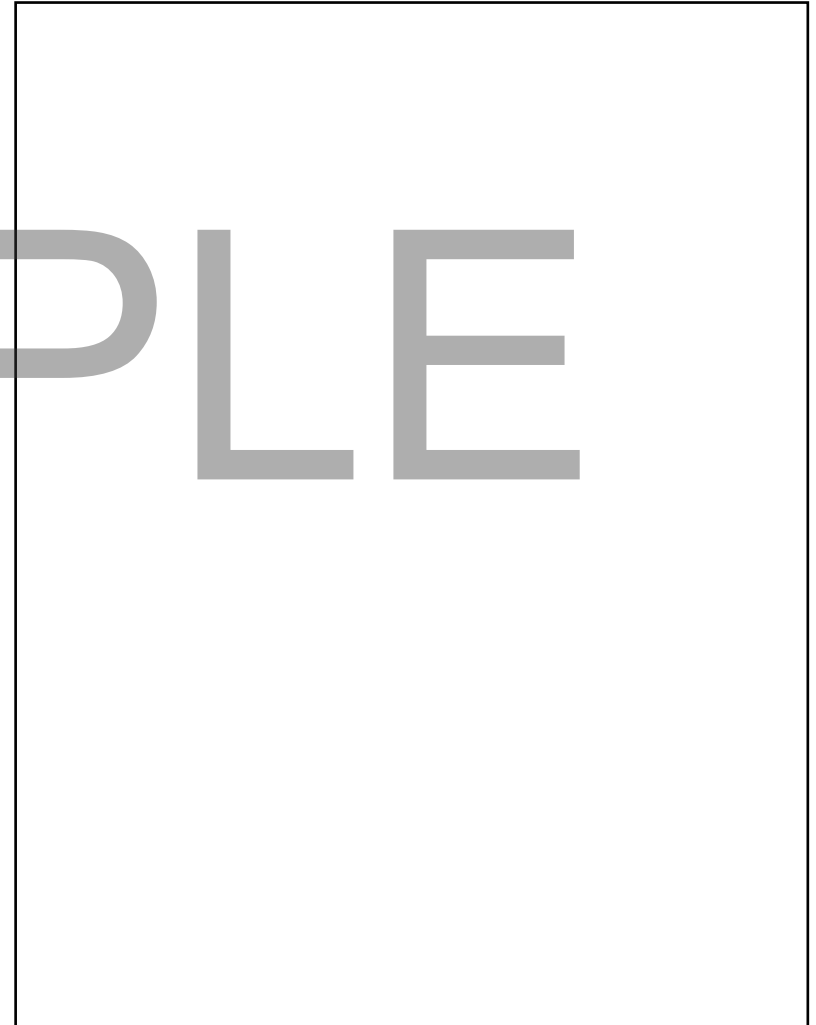
SAMPLE

Describe the life you love by illustrating, writing, or however you'd like.

REMEMBER THIS

**GOOD LIFE IS
THE LIFE YOU
LOVE. NEVER
SETTLE FOR
LESS.**

SAMPLE



What's next....

Every day we learn, grow, and expand in our mindsets, attitudes, and skills. Each day we experience things that bring changes into our lives. The "Write Your Life" experience is designed to be an intentional way to take a look at where you've been, where you are and where you are going.

This means, you can start a new "Write Your Life" experience tomorrow, and it would be just as relevant for your life today as it was one year ago. What's next? Continue to "Write Your Life" and use this book every year as a tool to stride toward the life you want.

You can order your "Write Your Life" experience book at:

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BRAND BREAKDOWN



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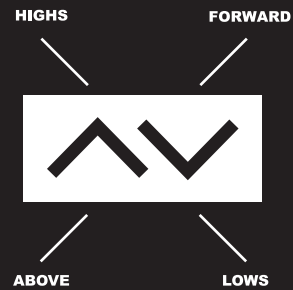
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love your life

