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

What feelings would you like to have more often?

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

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?

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

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?

I NEED HELP

What feelings are you struggling with?

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?

TIRED
What do you need today?

LOSS
How do you feel?

CONFUSED
How do you feel about your situation?

HURT
What do you need today?

LONELY
How do you feel about your social life?

NERVOUS
How do you feel about your health?

DOUBT
How do you feel about your future?

ARGUMENTATIVE
How do you feel about your relationships?

PRESSURED
What do you need to let go of?

HURT
What do you need today?

LONELY
How do you feel about your social life?

ANGRY
What do you need to express?

PERFECTIONISM
What do you need to adjust?