

A GUIDED WORKBOOK

What Am I Doing With My Life?

38 Page
WORKBOOK

26 OTHER QUESTIONS TO HELP YOU FIGURE THAT OUT



WELCOME



Hi, Hello, Welcome!

I'm Haley James & I am so happy you are here!

Since you downloaded this guide - I've got a question for ya! Do you ever sit and think, "What am I doing with my life?" Yes? No? Just me?

I know this is a really common question many of us ask ourselves maybe rhetorically - but not something we actually sit and truly try to answer.

When I got sick, I had A LOT of time to stop and think about all these really difficult questions about how I wanted to live my life and spend my time.

When I talked to the people in my life that had not been forced to slow down and think about these questions - I found that they were stuck in jobs, relationships and situations they didn't like, but they also didn't know what they actually wanted because they had never had to pause their life and actually think about it.

I spent a lot of my time asking myself these types of questions and wanted to create this guide as a way to help you ask yourself these deeper questions, reflect on your honest answers and hopefully in getting to know yourself in this way too! I hope that this workbook helps to provide you with clarity on where you want to be, what you want to do and how. You got this!

As always, thanks so much for being here - I love you, I mean it.

xx, Haley James

SECTION 01

First things first - there are no rules nor expectations here. This book was designed for you, and you alone, but I'm here to walk with you throughout the entire journey.

These are deep questions, and they don't have easy answers. So, take a second to really sit with them. Ponder them, and take as much time as you need to for each one. You can do one question a day, or a few questions. You could do them all at once, if you wanted - stick to whichever pace feels right to you.

Most importantly, be as honest as possible with yourself. No one else is going to see what you write (unless you choose to share it, of course), so be authentic. Be you. This will give you the clearest picture of who you are, where you're at with your goals, and what you want most from your life.

Ready? Let's do it!

List three of your strengths.
What are you good at?

1.

2.

3.

What is your biggest insecurity?



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SECTION 02

Congratulations on making it through the first section! We're definitely digging deep right off the bat, I know - but that's exactly how we're going to bring our most authentic selves to light, and you're doing it!

Here's your reminder to go take a sip of water, get a breath of fresh air, or go pet a furry friend (I'm going to keep reminding you to practice self-care throughout all of this journal BTW, I hope you don't mind).

During that first round of questions, you met yourself all over again. You've discovered some really important pieces of yourself that will help you as you keep putting together this puzzle.

What's next? We're going to talk about what you're doing, and do a check-in of your current day-to-day life. What does it look like?

Let's go find out.

What are your daily habits?
What do you think about them?

Where do you see yourself in five years? How about in ten years?



Handwriting practice lines consisting of 20 horizontal blue lines.

SECTION 03

Whew! So, we've talked quite a bit by now. We're in the thick of it.

We've learned about who you are and what you're doing. Those two sections have hopefully painted a picture of your life as it is right now. With that being said, you're ready to shift gears.

Next, you're going to answer questions that are meant to help you think about where you want to go. Yes, I'm talking about your future - your hopes, your dreams, your passions.

What's the difference between the life you're currently living and the life you wish you were living?

Just keeping it real light and casual here haha, so take another water break (or nature break, or dog-petting break, or just-stare-at-the-wall-and-breathe-for-a-minute break), and then let's unpack the good, the bad, and everything in between together.

What does your dream life look like?



A series of 20 horizontal dark blue lines provided for writing the answer to the question.

In what areas of your life are you trading authenticity for safety?



A series of 20 horizontal blue lines provided for writing an answer to the question above.

What scares you the most?



Form consisting of 20 horizontal lines for writing the answer.

SECTION 04

By now, you're probably feeling some things. It's okay, me too! It's more than okay, actually - it's great. Frederick Douglass once said, "If there is no struggle, there is no progress."

While I don't actually want you to be sitting here struggling, I do want you to understand that it's perfectly fine, normal, and important to sit with your emotions. Let them be, feel them, process them, and learn from them as they come and go.

If you guessed that now would be the time when I once again remind you to practice self-care, you'd be right - and it's arguably most important during this particular section.

These next set of questions are designed to guide you through what you're feeling so that you can not only cope with it, but you can understand it, make sense of it, and learn from it.

You're well on your way through the journey of this workbook, and I'll bet you can feel it. As always, I'm right behind you. Let's explore that heart of yours - open it up, let it go, and write it all down.

If your heart could speak, what
would it say right now?

The last time you felt the way you do
right now, what happened?

What, if any, emotions
are you avoiding right now?

What brings you comfort?



A series of 20 horizontal dark blue lines for writing.

SECTION 05

That was a lot.

Guess what, though? You're that much closer to knowing exactly who you are, where you want to be, and how you're going to get there. I'm so proud of your progress so far.

Being able to truly open up, embrace your vulnerability, and gain insight from your feelings is not easy, so you should be really proud of yourself, too.

I realize that I sound like a broken record, but please, please, please take a moment to take care of yourself after that section!

Holding space for and processing our emotions can be taxing and exhausting, and that's okay. This'll all be here when you come back.

Seriously.

Go.

I mean it!

SECTION 05

Okay, are you all good and taken care of?

Awesome, because I'm really excited for you to see this next section.

This is the part where we're going to start thinking about tangible, actionable steps that you may be able to take in the future (maybe even right now) to start creating a life that you absolutely love!

While you're answering these upcoming questions, think about all of the answers you've written down and all of the thoughts you've had up to this point.

Why? Well, we've spent so much time talking about you, your feelings, your current situation, and your dreams because who you are - as well as your past and your present - all play a vital role in your future.

Time to find out what it's going to look like.

SECTION 06

There's nothing like discovering what it is that you truly want to get out of your life, because once you know what that is, you can work towards it.

The very last step in this guide is going to be a couple of final self-reflections. Practicing self-reflection helps us develop our self-awareness. It's a great way to boost your confidence and creativity, open your mind, and truly guide you on the path to getting what you want from life. It will allow you to deeply understand your purpose and potential, so if you can, I definitely recommend practicing intentional self-reflection as much as possible!

Whether you're well-versed in the concept of self-reflection, or if you've never intentionally tried it before, this final section will help you practice that skill and look back on everything that you've worked through in this journal.

You've made it to the home stretch, and it's time to tie it all together and make some plans. You've got this.

-CONGRATS-

Congrats! You made it through the journal! I know this was not an easy task and that it required you to really sit with yourself and answer some tough questions - truly congrats on giving yourself the space and time to do so.

It's my hope that this journal really was able to help provide some clarity for you in where you really are, where you want to go, and ideas of how you can get there.

If it did, I would LOVE to hear about it! Please feel free to email, DM or contact me via my site with your story or experience going through the journal.

If you found this journal helpful and are looking for more supportive content click the button below where you will be taken to my resources page where I hope you'll be able to get the support you are looking for on your journey!

GET THE RESOURCES

-THANK YOU-

Thanks so much for taking the time to check out my site, my content and support all that I do. It really truly means so much.

As someone with a bunch of chronic conditions, being able to create businesses that I can manage while sick, are in areas that I am passionate about AND help people - is such a blessing and I couldn't do it without the love and support I get from you, so thank you.

I am incredibly grateful to be able to live out my dreams and purpose in this way and want to be able to continually thank you by creating content that actually helps you!

So with all that being said, I would love to hear any suggestions of things you are looking for or needing on your journey so that I can figure out the best way to continue to make content that supports you!

You can get in touch with me through my contact page, or find me on Instagram @itshaleyjames_ and send me a message there.

Thanks again for your love & support. I couldn't do this without you.

As always - I love you, I mean it ♡

