

YOUR
Life,
LIFE,
UNLIMITED

A GUIDED JOURNAL



PERSONAL LIFE COACH
STEPHANIE STAPLES

Your Life, Unlimited
A Guided Journal

By
Stephanie Staples
www.YourLifeUnlimited.ca

Dedication

To my family and friends, who have supported, encouraged and believed in me through their thoughts, words and actions. And, to all YOUR family and friends who do the same for you!

Introduction

Remember those years of writing in your journal, that special place where you could let the thoughts flow freely, that place just for you, with no editing or judging? Remember the satisfaction of getting it all out—the release, the relief?

What's happened now? Life is busy, time is precious, and when we do try to write, often the pen simply stares at the page.

Help has arrived in the form of Guided Journaling—a compilation of challenging questions intended to help you embark on the healthy habit of journaling, and a collection of thought-provoking quotes to help motivate and inspire you along the way.

In my experience as a Personal Life Coach, I have noticed how many clients want to journal and realize the benefits of journaling, but just can't seem to do it. Yet, at the end of

our session together, when I give them questions to answer, they often find themselves writing pages of detailed answers to those questions. They say they cannot journal, when, in fact, they have done just that. The only difference is that I supplied the questions. Perhaps it makes the blank page seem less intimidating or perhaps it's just the guide or the start that they needed. Whatever the case, it works.

The original paperback journal has been adapted for you in this E-book edition. You have it in a 'word' document so that you can write directly on your computer. If you'd prefer you can answer the questions in a lovely blank journal of your own or print out the pages—the choice is yours.

The directions for this e-book are simple—there are no directions. You can work through the questions in 'order' or you can scan the questions and start with whichever one 'grabs' you. The

There is no specific amount you need to write—a word, a line, a page or many pages. Just write until you feel complete. You can do one or two questions a day or one or two questions a month. There is no time limit. You can answer the questions over and over, or never answer other ones at all. You can think hard about the questions or write quickly whatever comes to mind. There are no right or wrong answers, no beginning or end; just an opportunity and an invitation to take a little time for yourself.

Whether you want to review your day, plan your future, take things to a different level or simply get to know yourself a little better, come with me and challenge yourself to take a ride on the guided side.

Enjoy and keep me posted!

Stephanie

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Here is a page of advice that I think I need to hear.

Put your thoughts here...

“Advice is what we ask for when we know the answer, but wish we didn’t.” E. Jong

What daily habits do you have that re-energize you? (No, coffee doesn’t count!) Can you think of some additional ones you might add that, done simply and regularly, could improve the quality of your daily life? Try to list at least 10.

Put your thoughts here...

“Good habits result from resisting temptation.” Ancient Proverb

How do you feel about intuition? Often we get a thought—a gut feeling—then after awhile logic kicks in and we change our mind. What would happen if you listened to your intuition more?

Put your thoughts here...

“... we need to be willing to let our intuition guide us, and then be willing to follow that guidance directly and fearlessly.” S. Gowain

Is it possible that often when people offend someone, they actually have no idea that they did so? Imagine if you didn't take things personally. How would/could life be different for you?

Put your thoughts here...

“A wise man is superior to an insult which can be put upon him, and the best reply to unseemly behavior is patience and moderation.” Moliere

Everyone has elements of their life that are perfect; sometimes you just have to look a little harder. Take a look at your life right now and list where you see perfection in your life. Start with the obvious, such as healthy children, and move to the simple pleasures, such as turning on a tap and receiving hot water! Keep expanding on this list.

Put your thoughts here...

“Be thankful for the least gift, so thou shalt be meant to receive greater.” Thomas a Kempis

We are creatures of habit, from walking on the same side of the street to sitting in the same chair at the dinner table. Why do you think you do these things? Could we become more creative by doing things differently? Think of something(s) that you could do differently and try it for a week. Write down your intention and then evaluate this experiment.

Put your thoughts here...

“The second half of our life is made up of nothing but the habits we acquired during the first half.” F. Dosoevsky

Ahhh, balance. What does balance mean to you? What is one change that you could make to lead you to your perfect state of balance? What might get in the way of you implementing this change? What can you do to prepare/overcome that?

Put your thoughts here...

“I believe that uncertainty is my spirit’s way of whispering, I’m in flux. I can’t decide for you. Something is off balance here.” Oprah Winfrey

Everything comes at a price. You say “yes” to one thing and “no” to another. What’s going on in your life that is “costing” you too much?

Put your thoughts here...

“Before you move in the right direction, you’ve got to stop moving in the wrong direction.” Author unknown

How do you feel about risk-taking? Is skydiving a risk for you, or having meat on Fridays? Sometimes it’s a risk NOT to take a risk. Is there a risk you wish you had taken or are thinking of taking? Big or small, challenge yourself to take a risk this week, write down what it is and then record your results.

Put your thoughts here...

“Our lives improve only when we take chances—and the first and most difficult chance we take is to be honest with ourselves.” Walter Anderson

Sometimes we need to say “NO”. Could saying “no” to something so-so make room in your life for even better things to come along? Is it hard or easy for you to say “no”? Is there something in your life that you need to say “no” to now? How will you say “no” to the next thing you KNOW you need to refuse?

Put your thoughts here...

“You need to know how to accept rejection and reject acceptance.” Ray Bradbury

What drew you to this journal? If it was a gift, why do you think it was chosen for you? What do you hope to accomplish by completing it?

Put your thoughts here...

“Journal writing is a voyage to the interior.” Christina Baldwin

We often associate envy as a bad trait, but what if we could take that trait and draw from it ways to make our own lives better? What would that be like? Whom do you most envy, and why? What elements can you incorporate into your own life?

Put your thoughts here...

“Envy can be a powerful motivator, let it inspire you to work harder for what you want.” Robert Bringle

These are the times when I feel most at peace with the world and myself.

Put your thoughts here...

“He is happiest, be he king or peasant, who finds peace in his home.” Johann von Goethe

I am most proud of myself when I ...

Put your thoughts here...

“Vanity and pride are different things, although the words are often used synonymously. A person can be proud without being vain. Pride relates more to our opinion of ourselves, vanity to what we would have others think of us.” Jane Austen

If someone was to write an article on me, this is what I would want them to say ...

Put your thoughts here...

“Everyone is kneaded out of the same dough, but not baked in the same oven.” Yiddish Proverb

Hardly anyone knows this about me ... How would it feel to share that with someone?

Put your thoughts here...

“The face is the mirror of the mind, and eyes without speaking confess the secrets of the heart.” Saint Jerome

It's hard to live a full life when you have regrets hanging over your shoulder. What regret do you have that you are ready to let go of? What steps are you willing to take to let that go?

Put your thoughts here...

"When you can think of yesterday without regret and tomorrow without fear, you are near contentment." Author Unknown

I have always wondered what it would be like to ...

Put your thoughts here...

"He who wonders discovers that this in itself is wonder." M. C. Escher

This is a childhood memory that I will always treasure ...

Put your thoughts here...

"God gave us our memories so that we may have roses in December." J. M. Barrie

If I could pick 3 qualities to bestow upon my children, it would be these ... because ...

Put your thoughts here...

"Bricks and mortar make a house, but the laughter of children makes a home." Irish Proverb

If things are cluttered in your life, you are less likely to find what you need when you need it. What are some things I could do to simplify my life?

Put your thoughts here...

“The ability to simplify means to eliminate the unnecessary so that the necessary may speak.” Hans Hoffman

If there was one area where better organization would have an impact on my life, it would be ... How could I move toward accomplishing this?

Put your thoughts here...

“Life is too complicated not to be orderly.” Martha Stewart

In our busy lives we tend to fill our days with tasks that help everyone else. These are some cool things I would like to do for me (i.e., hobbies, groups, projects, sports). Keep expanding on this list.

Put your thoughts here...

“The average person living to age 70 has 613,000 hours of life. This is too long a period not to have fun.” Author Unknown

Setting priorities can go a long way. I like the ABC system—A – action immediately, B – before the weekend, C – can wait. List your priorities now and see what is calling you to take action immediately and what really isn't a priority.

Put your thoughts here...

*“Decide what you want, decide what you are willing to exchange for it. Establish your priorities and go to work!”
H. L. Hunt*

Fear. It is said that 60 percent of our fears are unwarranted, 20 percent are already past, 10 percent are so petty they don't make a difference, and 4 to 5 percent are real and justifiable and we can't do anything about them. Only 2 percent are worth thinking about and can be easily solved if we stop stewing and start doing. What are you really afraid of? Do you have any fears holding you back from the life you are craving? Fear Buster = Knowledge and Action. What steps can you take now to conquer your fears?

Put your thoughts here...

“Courage is being scared to death—but saddling up anyways.” John Wayne

When I am disappointed, I show it by ... This is what I do to get over it ... This is what I could do in the future ...

Put your thoughts here...

“You may be disappointed if you fail but you will be doomed if you don't try.” Beverley Sills

What would you most like to see happen in the next 90 days that is doable and does not depend on others?

Put your thoughts here...

“Behold the turtle, he makes progress only when he sticks his neck out.” James Bryant Conant

As a child, I felt this way about sports ... As an adult, what role does sports play in your life right now? How would you like it to be different?

Put your thoughts here...

“Sport serves society by providing vivid examples of excellence.” George F. Will

It’s sad at a funeral when all the wonderful things are said about the person after they’re gone. (I always hope someone told them these things when they were still alive.) What do you want them to say about you at your funeral?

Put your thoughts here...

“To the well-organized mind, death is but the next great adventure.” J. K. Rowling

Accept yourself as you are. Can we be perfect just as we are and still work on bettering ourselves? What qualities do you have that would benefit from some acceptance? How would it feel to simply give yourself permission to be “you”? I am ... and because I am so ... it allows to me to ... Answer these questions as many times as you can.

Put your thoughts here...

“Acceptance is such an important commodity, some have called it, first law of personal growth.” Peter McWilliams

I have the potential to be a huge influence in the life of ... Am I taking advantage of this opportunity to the fullest extent? How could I be a better role model/guide/mentor to this person?

Put your thoughts here...

“You must give some time to your fellow man. Even if it’s a little thing, do something for others for which you get no pay, just the privilege of doing it.” Albert Schweitzer

What would it look like if you upgraded your standards? What might happen? What area of your life would most benefit? Focus on one area this week and see how it can be improved from setting and implementing a higher standard.

Put your thoughts here...

“If you paint a picture in your mind of bright and happy expectations, you put yourself in a condition conducive to your goal.” Norman Vincent Peale

We all have unpleasant tasks. What if we could use them to develop self-discipline? List 3 unpleasant (but manageable) tasks you need to complete. Estimate the time required and set aside that time and complete them this week. Write down your experiment plans and then evaluate how you did.

Put your thoughts here...

“Self-discipline is that which, next to virtue, truly and essentially raises one man above another.” Joseph Addison

It has been said that insanity is doing the same thing over and over and expecting different results. Is there an area in your life that is in need of a change? Look at a current dilemma and then look at it in a different way. If that doesn't work, look again and again and again. What needs to change?

Put your thoughts here...

“Human beings, by changing the inner attitudes of their minds, can change the outer aspect of their lives.” William James

Ahhh, the wake-up call. Have you ever had one? An injury, death, sudden change or loss? Or something else that threw your life a curve. Write about your wake-up call and the impact it had on your life. If you haven't had a wake-up call, imagine what it would mean to you and how you could use this knowledge to improve your life now.

Put your thoughts here...

“The more severe the pain and illness the more severe will be the necessary changes. This may involve breaking bad habits or acquiring some new and better ones.” Peter McWilliams

When was the last time you were really listened to? That is when someone else focuses 100 percent of their attention on you, your words, feeling, actions (i.e., no TV, radio, kids, other distractions). What does it feel like to be really listened to? How does it feel when you are talking to people and they are too distracted or busy to help you with your problems? Who in your life can you count on to really listen to you? To whom can you say, “I need you to listen to me, not fix things, just listen. Is this a good time for that?”

Put your thoughts here...

“Listening is a magnetic and strange thing, a creative force. When we are listened to, it creates us, makes us unfold and expand.” Karl Menniger

“The Social Mask.” Who do you pretend to be, and with whom? For instance, “I pretend to be strong when I’m with my kids.” List the masks you wear and with whom. What would it look like if you took those masks off? How does wearing these social masks take you away from your true self? Which masks are you ready to say goodbye to? I am ... with ... Answer this as many times as you can.

Put your thoughts here...

“We did not change as we became older, we just become more clearly ourselves.” Lynn Hall

Who do you allow to see the real you? Is there someone you would like to see the real you, but from whom you are holding back? What’s holding you back? What could you do this week to move toward this? What relationship brings out the truest you?

Put your thoughts here...

“Don’t fear failure so much that you refuse to try new things. The saddest summary of life contains three descriptions: could have, might have and should have.” Louis E. Boone

With whom do you feel most vulnerable? What are the qualities in that person that bring out this feeling in you? How do you see those qualities in you?

Put your thoughts here...

“You cannot run away from a weakness; you must sometimes fight it out or perish. And if that be so, then why not now, and where you stand.” R. L. Stevenson

Have you ever received a ‘thank you’ that really moved you? That made you think, “Wow! I really made a difference here.” Who needs to hear from you? Who in your life needs to be celebrated, thanked or loved? Who has touched your life in ways that they probably have no idea? A teacher, coach, or family friend? Imagine them receiving a beautiful card with beautiful words of gratitude from you. What do you see happening here?

Put your thoughts here...

“People don’t have to like you or support you, so you always have to say thank you.” R. Studdard

Imagine you are sitting in your rocking chair many, many years from now. A younger you comes and asks you for some advice. What would you say?

Put your thoughts here...

“The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.” Euripides

How would I like people to think about me? What I am doing to be that way in the world? What could I do to become more of the person I want to be?

Put your thoughts here...

“There is nothing in a caterpillar that tells you it’s going to be a butterfly.” Buckminster Fuller

In the heat of the moment sometimes a problem looks like the most pressing issue in your world. Have you ever had a fight with someone and then forgotten what you fought about? What issue going on in your life now could do with a “bird’s eye view”? Step out of yourself and see the problem from afar. How important will this be in 10 years? What battle is taking more energy than it deserves?

Put your thoughts here...

“When solving problems, dig at the root, don’t just hack at the leaves.” A. D’Angelo

What would you like to be doing in 5 years? 10? 20?

Put your thoughts here...

“Our imagination is our only limit to what we can hope to have in the future.” Charles F. Kettering

What are 5 things that you would like to be said about you? List 5 things you wouldn’t like to be said about you. Which 5 things are true?

Put your thoughts here...

“You can’t lead a cavalry if you think you look funny riding a horse.” John Peers

Pay attention, pay attention. What has been talking to you over the years? I was always meant to be a ... I've always been drawn to ... I can't seem to get ... out of my mind.

Put your thoughts here...

"The whole point of being alive is to evolve into the complete person you were intended to be." Oprah Winfrey

Everyone needs help now and then. Successful people have a support system in place. Write about your support system. List resources available to you when you require them. Are these sources ample? Do you need to work on acquiring a stronger network of support?

Put your thoughts here...

"The greatest achievement of the human spirit is to live up to one's opportunities and make the most of one's resources." Vaouenargues

Is there anything you don't want to know about (i.e., medical tests, finances)? What's costing you not knowing? When is the time to deal with that?

Put your thoughts here...

"Facts do not cease to exist because they are ignored." A. Huxley

List 3 qualities you'd like to develop. Devise a plan to help you grow these qualities.

Put your thoughts here...

"Reputation is what you are perceived to be. Character is what you are." John Wooden

What do you want more of in your life? Less of? How would your life look with these things in place?

Put your thoughts here...

"Be not afraid of growing slowly; be afraid of standing still." Chinese Proverb

At the end of your life, what changes do you hope your life will have made in the world?

Put your thoughts here...

"What you do speaks so loudly others cannot hear what you say." R.W. Emerson

Are there qualities, behaviors, habits or ways of thinking or being that you tend to beat yourself up over? Are you ready to accept these? I am ready to make peace with ...

Put your thoughts here...

“Assert your right to make a few mistakes. If people can’t accept your imperfections, that’s their fault.” Dr. David M. Burns

Is your desire to change stronger than your desire to stay the same? What are you ready to change?

Put your thoughts here...

“I wanted to change the world, but the only thing one can be sure of changing is oneself.” A. Huxley

Do you have sadness or a heavy heart about an issue that has not been honored by you or others? Is it time to mourn it? Replace it? Forget it?

Put your thoughts here...

“Let the tears flow of their own accord: their lowing is not inconsistent with inner peace and harmony.” Seneca

What is the most special gift you have ever received?
Given?

Put your thoughts here...

“The excellence in a gift lies in its appropriateness rather

than its value.” C. D. Warner

What does spirituality mean to you and what role is it playing in your life? What can you do this week to nurture your spirit?

Put your thoughts here...

“My life is the story of a man who wants to carry too much. My spiritual quest is the painful process of learning to let go of those things not so essential.” Real Live Preacher
This situation makes me tense and angry. What would it look like if I didn't get tense and angry about it? How would things be different?

Put your thoughts here...

“Anger is a signal, one worth listening to.” Harriet Lerner

If we don't know where we are going, any path will do. What path do I wish my life to take?

Put your thoughts here...

“Life is either a daring adventure or nothing at all.” Helen Keller

What would I like to learn during my life? Spiritually, physically, intellectually, financially, technically, in relationships.

Put your thoughts here...

“There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered.” Nelson Mandela

List 10 answers to each question ... I am, I will, I will not, I would like, I love, I hate. Don't think too much—answer quickly. You may be surprised what you write down.

Put your thoughts here...

“Mostly folks are as happy as they make up their minds to be.” Abraham Lincoln

If I only had the guts, I would ... If I didn't care what people thought, I would ... If I was sure I would succeed, I would ... If I was certain it was the right choice, I would ... If I wasn't worried about the future, I would ...

Put your thoughts here...

“If you greatly admire something, have the guts to stake everything on obtaining it.” Brendan Francis

By this time next year, I intend to ... I will accomplish that by ... Start compiling a list of 25 things that make you laugh or smile.

Put your thoughts here...

“Sometimes we laugh from ear to ear, but it would be impossible for a smile to be wider than the distance between our eyes.” Chazal

Often we do things because of what will happen. What would it be like if we did things simply because they were the right things for us to do? This would mean we would not be attached to the outcome. What would THAT be like for you?

Put your thoughts here...

“Real integrity is doing the right thing, knowing that nobody will know whether you did it or not.” Oprah Winfrey

What do you have to contribute that is unique? How can the world benefit from your gifts?

Put your thoughts here...

“Insist on yourself, never imitate ... Every great man is unique.” Ralph Waldo Emerson

What do you believe in?

Put your thoughts here...

“Some things have to be believed to be seen.” Ralph Hodgson

What activities have meaning and heart for you?

Put your thoughts here...

“You only live once, but if you do it right, it’s enough.”
Carl Jung

In what area of your life are you too hard on yourself?
Why? What would happen if you weren’t so hard on
yourself in this area?

Put your thoughts here...

“If you can or you can’t you’re probably right.” Author
Unknown

What are some things you wish you had tried? Why didn’t
you?

Put your thoughts here...

*“Never regret. If it’s good it’s wonderful. If it’s bad it’s
experience.”* Victoria Holt

What’s the craziest thing you’ve ever done? Would you do
it again? How did it feel at the time?

Put your thoughts here...

“Part of being sane is being a little bit crazy.” Janet Long

If you had an abundance of time and energy in your life, where would you share yourself?

Put your thoughts here...

“Abundance is, in large part, an attitude.” Sue Patten Theole

I'm thinking of ... I'm not thinking of ...

Put your thoughts here...

“We spend most of our time and energy thinking a kind of horizontal thinking ... we move along the surface of things ... (but) there are times when we stop. We sit still. We lose ourselves in a pile of leaves or its memory. We listen and breezes from a whole other world begin to whisper.” James Carrol

What do you do better than most people you know? What do people compliment you on?

Put your thoughts here...

“When you cannot get a compliment any other way, pay yourself one.” Mark Twain

Describe your successes. Why did you succeed?

Put your thoughts here...

“He has achieved success who has lived well, laughed often and loved much.” Bessie Stanley

“We’ve always done it that way.” What does that remind you of? What can you do to challenge this?

Put your thoughts here...

“It’s not that some people have willpower and some don’t, it’s that some people are ready to change and some are not.” James Gordon

What do you do well that you don’t really like to do? Write your thoughts on this.

Put your thoughts here...

“What lies behind us and what lies ahead of us are tiny matters compared to what lies within us.” Ralph Waldo Emerson

In the perfect support environment, what kind of support would you receive? Are you getting what you need? How could you ask for that?

Put your thoughts here...

“The healthy, strong individual is the one who asks for help when he needs it, whether it’s an abscess on his knee or in his soul.” Rona Barret

My definition of success is ... I will know I am successful by ...

Put your thoughts here...

“Of course, there is no formula for success, except perhaps unconditional acceptance for life and what it brings.” A. Rubenstien

These are people I enjoy spending time with and why.

Put your thoughts here...

“Friendship makes prosperity more brilliant, and lightens adversity by dividing and sharing it.” Cicero

Gratitude, gratitude, gratitude. We have much to be thankful for. List yours here, and keep adding to your list again and again.

Put your thoughts here...

“Happiness cannot be travelled to, earned, worn or consumed. Happiness is the spiritual experience of living every moment with love, grace and gratitude.” D. Waitley

That’s it for now, folks. I hope you got to know yourself a little bit (or a lot!) better and that you can use the information to make decisions that will lead you to living, Your Life, Unlimited!

About the Author: [Stephanie Staples](#), founder of Your Life Unlimited, speaks internationally to engage, empower and enrich individuals and teams in healthcare and beyond. With humor and heart, she teaches them how to overcome obstacles and seize opportunities. To find out how to bring Stephanie to add a spark to your next event, find out about personal coaching sessions, or to attend a Your Life, Unlimited special event please visit, or received a FREE Quality of Life Assessment that you can do on your own, visit www.YourLifeUnlimited.ca.

YOUR LIFE, UNLIMITED

Journal

A GUIDED JOURNAL

If you think you have nothing to write about, think again. Ten minutes, a pen and this book is all you need to begin the journey of discovering who you are deep down and perhaps even who want to become. Personal Life Coach Stephanie Staples asks you powerful questions for which there are no wrong answers. Guided Journaling can help you to clarify your goals, improve your relationships and get your needs met. When you are ready to take a closer look at yourself, prepare to be challenged and empowered.



Stephanie Staples

"Stephanie invites you to experience the joy and passion for life that she models for her clients, friends and family every day. With her gentle guidance, she presents you with an easy to use and very provocative journal to develop awareness the 'Stephanie-way'...with quiet excitement! Let Stephanie's innovative and challenging questions release your potential!"

Benita Stafford-Smith
Life Matters Coaching

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