

LIVE WITH  
*Purpose &  
Well-being*  
IN 2024

“ *Life is not about finding yourself,  
but about creating yourself* ”

**KENYI DIAZ**



This journal has been carefully crafted with the latest insights to assist you in clarifying your aspirations and empowering you to take meaningful strides in your life.



For an enriched experience, consider printing a physical copy of this journal and using it as a personal diary.



Turn the page and embark on this journey. Your initial question awaits! The initial section of this journal is dedicated to thought-provoking questions designed to conclude 2023 and usher in the next chapter. The latter part is rooted in the science of effective goal-setting.

## **NOW IS THE MOMENT TO MAKE 2024 YOUR MOST EXCEPTIONAL YEAR YET.**



### **SHARE YOUR JOURNEY!**

"I'm eager to hear your insights and discoveries as you navigate through this journal. Share your reflections online and tag me at [@kenyi.diazz](#). I'll be following along and am excited to connect with you."

*"Healing comes from taking responsibility: realizing that you are the one who creates your thoughts, feelings, and actions."*

Kenyi Diaz



**"COMPLETE THIS JOURNAL WITH YOUR FAMILY AND FRIENDS**

Since 2015, my family and I have been filling out a similar journal every year.

So, share this journal with your close family and friends."

**"LET'S START THE JOURNAL WITH A REFLECTION ON THE  
experiences and learnings of last year"**

**Question #1**

**What were the standout moments of the past year of your life?**

Think about the last 12 months."

A large, empty, light blue rounded rectangular box intended for writing answers to the question above.

*"Focus on the journey, not the destination.  
Joy is found not in completing an activity but in doing it".*

**Kenyi Diaz**

"Now, get help from your photo roll or calendar. Go back and jot down the highlights of each month from the past year:"

**JANUARY**

**FEBRUARY**

**MARCH**

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*“Life is not about finding yourself, but about creating yourself.”*

This reflection on the past 12 months, coupled with the wisdom gained from these experiences, will give you a clearer understanding of what you want to achieve in the coming year.”

## Question #2

What was difficult for you last year, and how did you handle it?

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**“Explore more within the following categories.”**

① In the well-being area

② In the area of career, finances, and learning.

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③ In the area of relationships, and friendship.

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④ In the area of fun and happiness.

⑤ In the area of spirituality, purpose, and meaning.



*“All successful people are big dreamers. They envision how their ideal future could be in every aspect of their lives and work every day towards that vision, goal, or purpose.”*

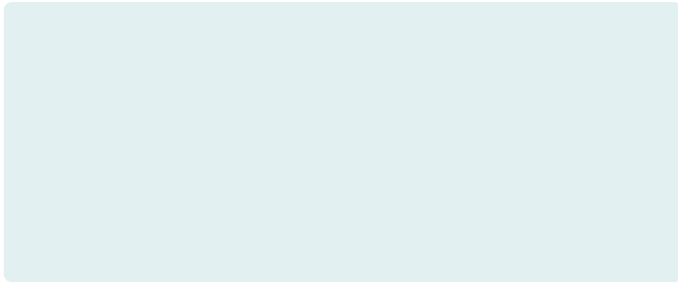
**Brian T.**

### **Pregunta #3**

What have you learned about yourself in the past year?

**"Explore more within the following categories."**

**1** In the well-being area



**2** In the area of career, finances, and learning.

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**3** In the area of relationships, and friendship.

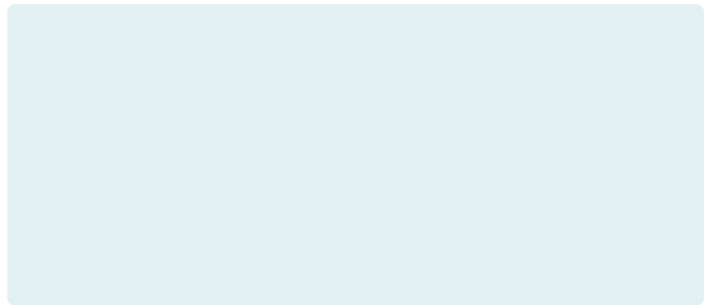
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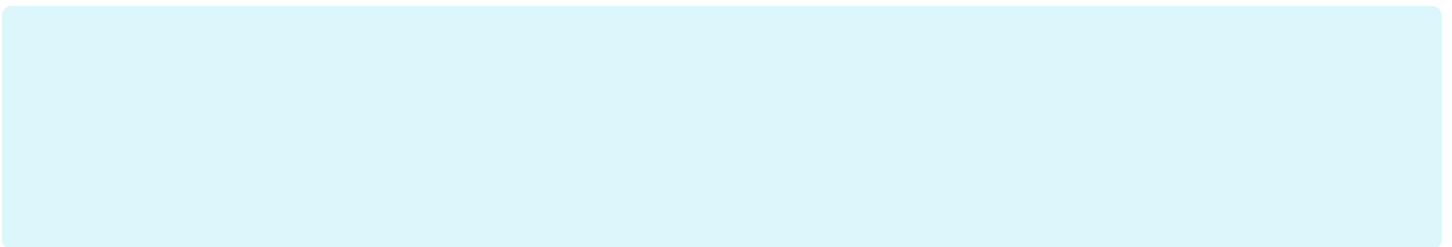
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**4** In the area of fun and happiness.



**5** In the area of spirituality, purpose, and meaning.



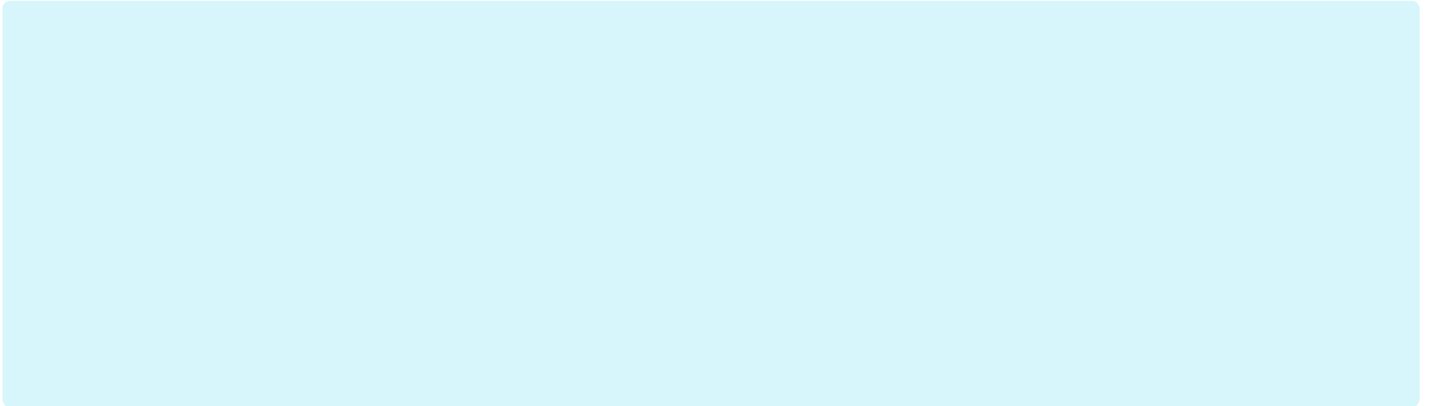
*"Recurring situations reveal lessons that we sometimes resist acknowledging.  
Acceptance marks the beginning of a path toward change."*

**"Embrace the opportunities of 2024 with a heart full  
of acceptance and openness!"**

**Kenyi Diaz"**

## Question#4

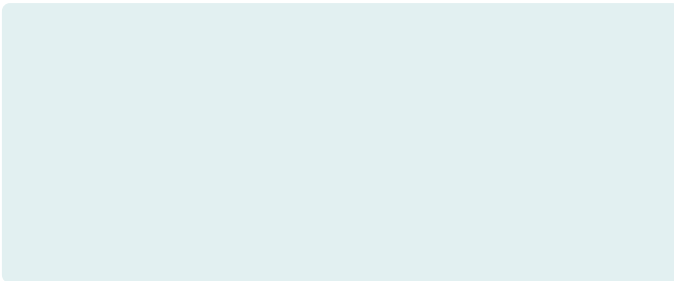
“What were the standout moments of the past year of your life?”



“Reflect on those moments when you felt happy, or learned something valuable; moments when you felt proud of yourself, etc.”

### “Explore more within the following categories.”

① In the well-being area



② In the area of career, finances, and learning.

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③ In the area of relationships, and friendship.

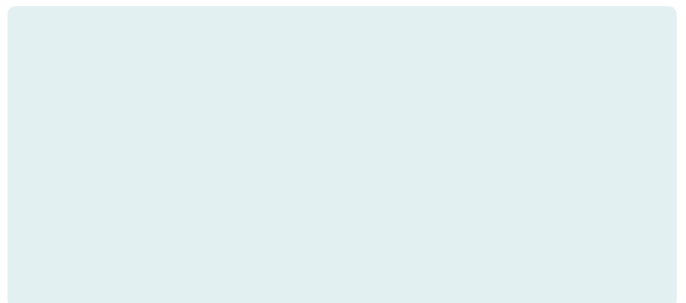
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④ In the area of fun and happiness.





5 In the area of spirituality, purpose, and meaning.

*"It's essential to be aware that what causes us discomfort or anxiety is not the events themselves, but how we link emotions to them."*

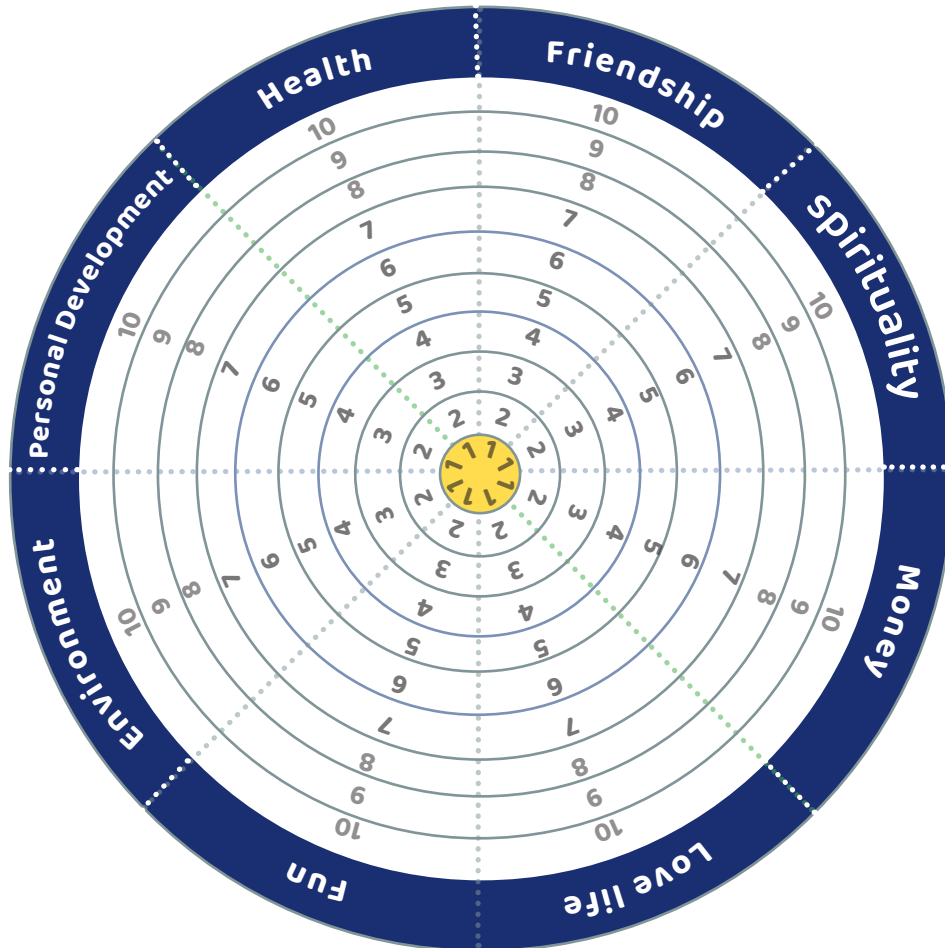
As psychologist Jonathan García-Allen says, our suffering often comes not from what happens to us but from how we interpret the events that occur."



# *; Added Value!*

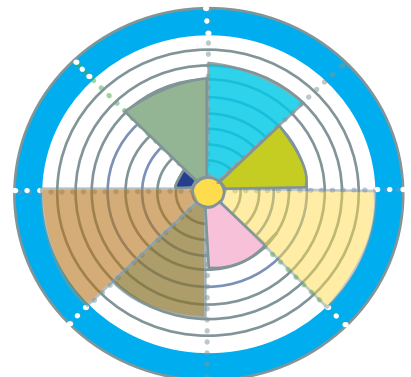
## **YOUR PERSONAL AUDIT / THE WHEEL OF LIFE**

Write or circle the number that best describes how you felt about each aspect of your life in 2023, and then explain why you feel that way."



My life wheel in 2022

Before completing the Wheel of Life, read the explanation of the 1 to 10 rating on the following page.



# Wheel of Life Rating

- 1. 1-3: Very Poor** - Experiencing very negative emotions, possibly sadness, anger, or intense frustration.
- 2. 4-5: Poor** - Not as extreme as the lowest point, but still experiencing negative emotions, possibly feeling overwhelmed.
- 3. 6: Average** - Neither very good nor very bad, a neutral or average emotional state.
- 4. 7-8: Good** - Experiencing positive emotions, feeling content, satisfied, or generally in a good mood.
- 5. 9: Very Good** - Experiencing very positive emotions, with a strong sense of joy and satisfaction.
- 6. 10: Happy-content** - At the highest point of the scale, feeling happy and satisfied.

This scale is subjective and may vary based on each individual's personal interpretation."

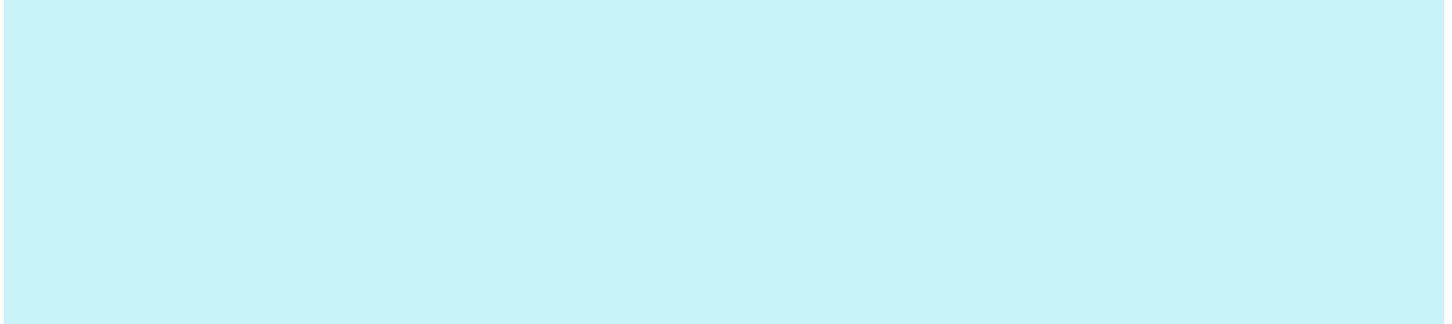
*"If you want to be happy, set a goal that directs your thoughts,  
releases your energy, and inspires your hopes.*

**Kenyi Diaz**



Looking at the wheel, the following are great questions to consider in order to dive a little deeper:

a) ARE THERE ANY SURPRISES FOR YOU?



b) HOW DO YOU FEEL ABOUT YOUR LIFE AS YOU LOOK AT YOUR WHEEL?

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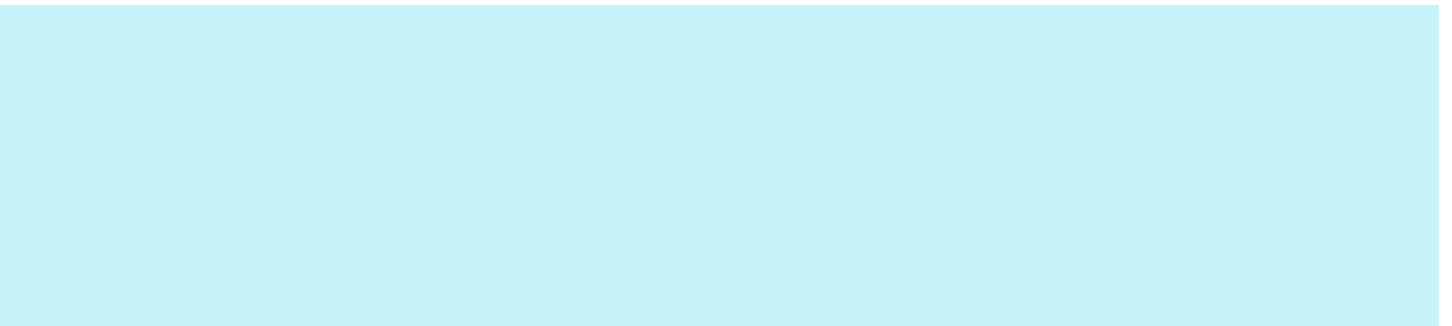
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c) HOW DO YOU CURRENTLY SPEND TIME IN THESE AREAS? HOW WOULD YOU LIKE TO SPEND TIME IN THESE AREAS?



*"Life can only be understood by looking backward; but it must be lived forwards."*

Søren Kierkegaard

**d) WHAT WOULD MAKE THAT A SCORE OF 10?**

**e) WHAT WOULD A SCORE OF 10 LOOK LIKE?**

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**f) WHICH OF THESE CATEGORIES WOULD YOU MOST LIKE TO IMPROVE?**

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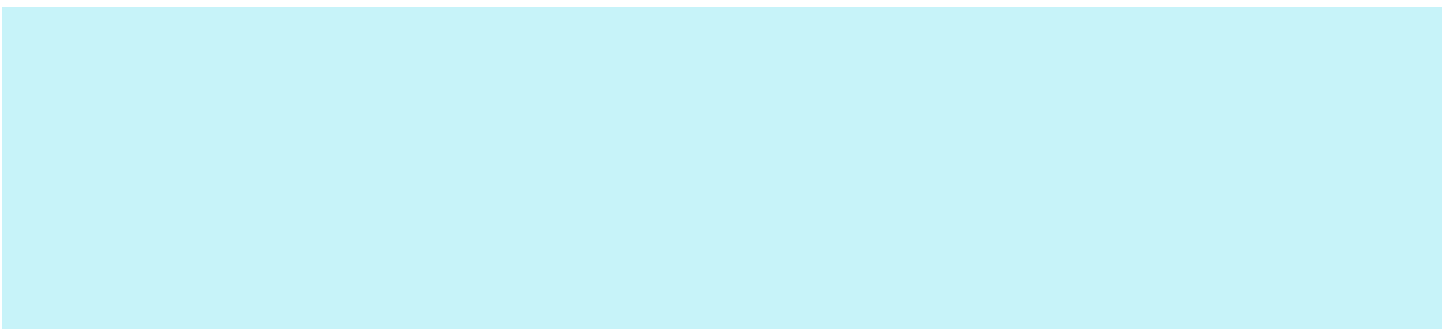
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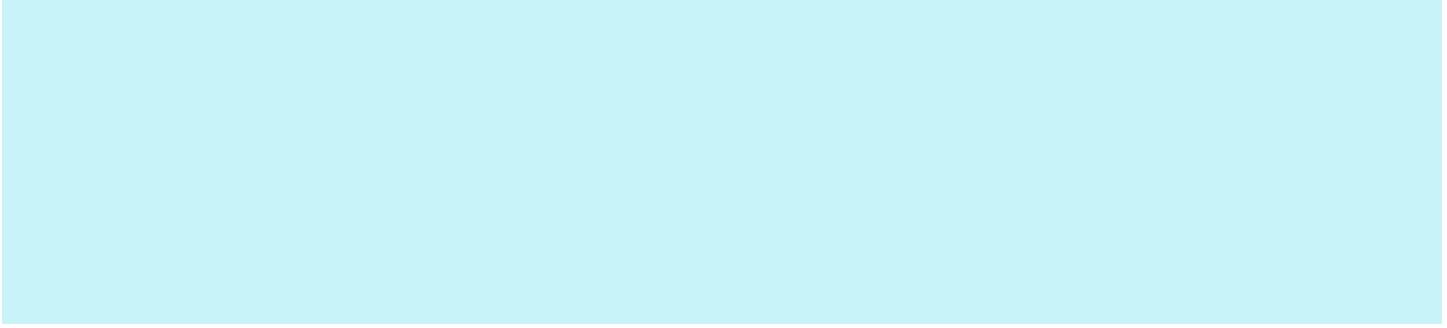
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**g) HOW COULD YOU MAKE SPACE FOR THESE CHANGES IN YOUR LIFE?**



**h) WHAT HELP AND SUPPORT MIGHT YOU NEED FROM OTHERS TO MAKE CHANGES AND BE MORE SATISFIED WITH YOUR LIFE?**



**i) WHAT CHANGE SHOULD YOU MAKE FIRST? AND WHAT CHANGE DO YOU WANT TO MAKE FIRST?**

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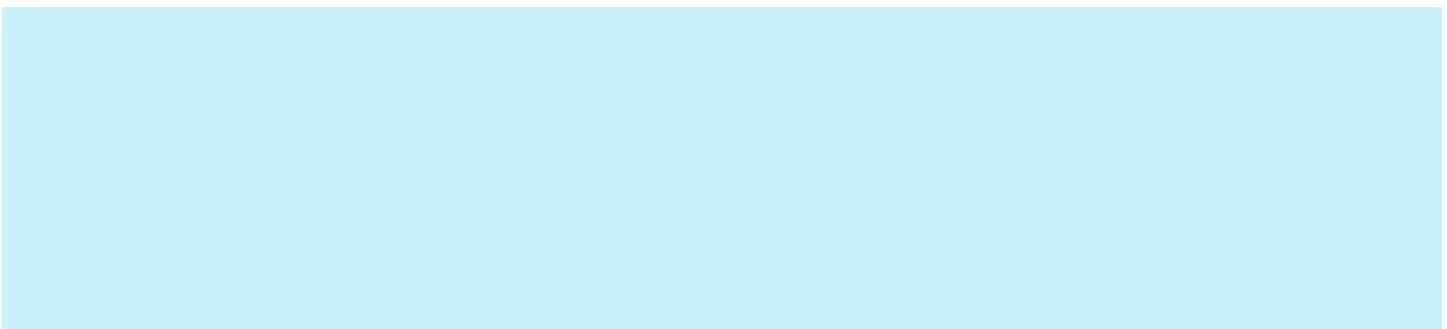
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**j) IF THERE WAS ONE KEY ACTION YOU COULD TAKE THAT WOULD BEGIN TO BRING EVERYTHING INTO BALANCE, WHAT WOULD IT BE?**



# *Looking towards the future*

In this next section, we are incorporating a model of personal and professional transformation.

## **Acceptance / Exploration / Action**

### **Acceptance / Understanding**

Think about where you are right now, understand what it means, and accept it. Acceptance doesn't mean you like your current situation, but it's the first step to making any changes.

### **Explore and Visualize**

Examine where you are now and envision your future goals. Analyze your values and strengths, identifying how you can use them to achieve what you desire. Also, discover what internally motivates you.

### **Take Action**

Act on what you've learned and the values you've identified. Take practical steps to progress toward your goals and become a better version of yourself.

*What you get by achieving your goals is not as important as what you become by achieving your goals.*

**Zig Ziglar**

# *Identify the dream*

“WHAT DO YOU WANT TO ACCOMPLISH? WHAT DO YOU WANT TO DO?”

Reflect on all your journal entries and pick one thing for each category that you wish to emphasize in this year.

WHAT WOULD YOU PREFER NOT TO REPEAT FROM LAST YEAR?

WHAT POSITIVE THINGS DO YOU WISH TO SEE MORE OF THIS YEAR?

WHAT FEARS OR CONCERNS DO YOU ASSOCIATE WITH THE CHANGES YOU AIM TO BRING INTO YOUR LIFE?

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WHAT ASPECTS OF THE CHANGES YOU WANT TO MAKE BRING EXCITEMENT TO YOU?



Now, I want you to pick one thing that you're going to focus on for the next 12 months.

Use everything you've journaled on so far to pick ONE GOAL you want to work on this year. Choose something that really matters to you.

THE ONE GOAL I WANT TO WORK ON THIS YEAR:

WHY DOES THIS GOAL MATTER TO YOU?

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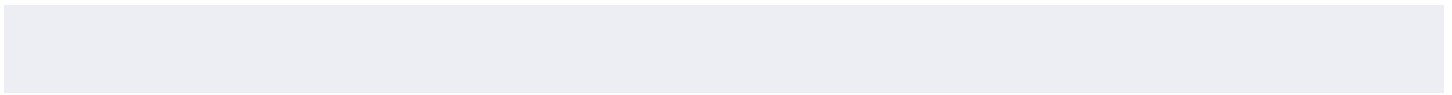
WHY DOES THIS MATTER TO YOU RIGHT NOW, AS THIS POINT IN YOUR LIFE?

*"Obstacles can't stop you. Problems can't stop you. Most of all, other people can't stop you. Only you can stop you." — Jeffrey Gitomer*

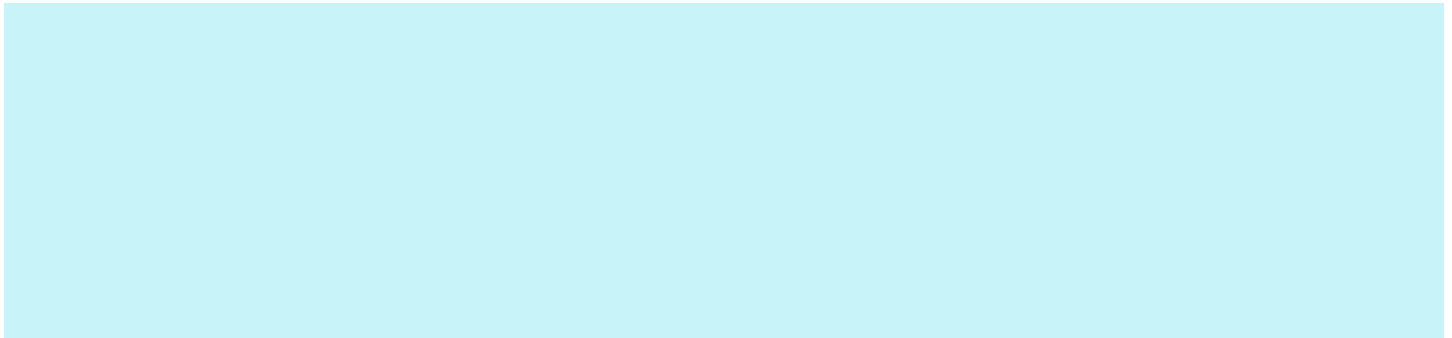
**IS YOUR INNER MOTIVATION STRONG enough?**

If not, think about picking another goal for this year.

THE ONE GOAL I WANT TO WORK ON THIS YEAR:

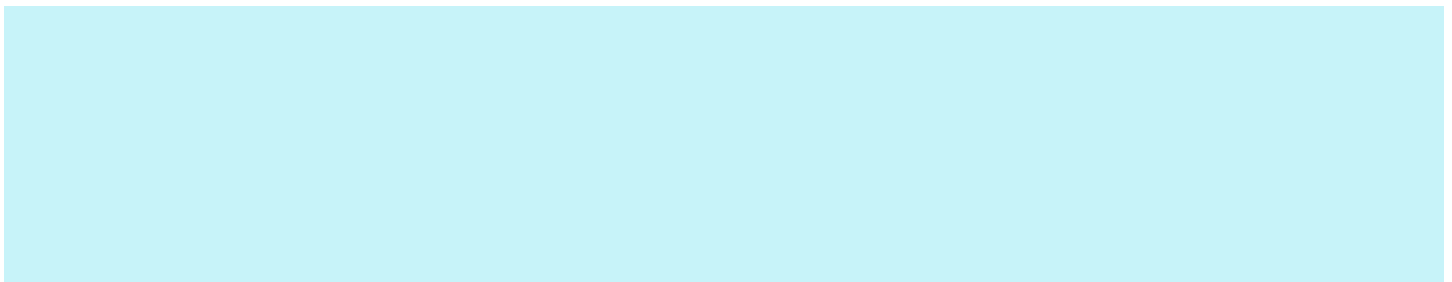


THE ONE GOAL I WANT TO WORK ON THIS YEAR:



While your dreams must be big, your goals should be ambitious –but still achievable.

Can you redefine your goal so that it's something you can realistically do this year?

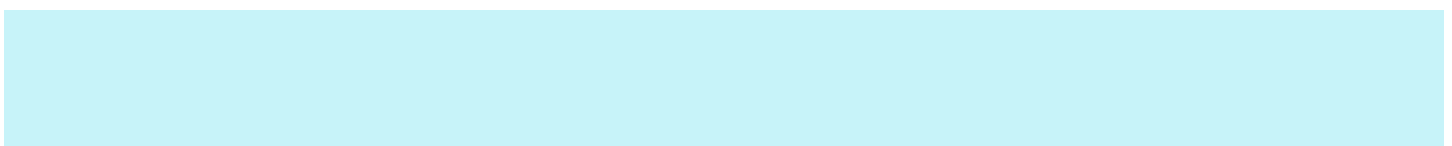


When will you know if you've succeeded in your goal?



Who is someone that you really admire that you can tell about this goal?

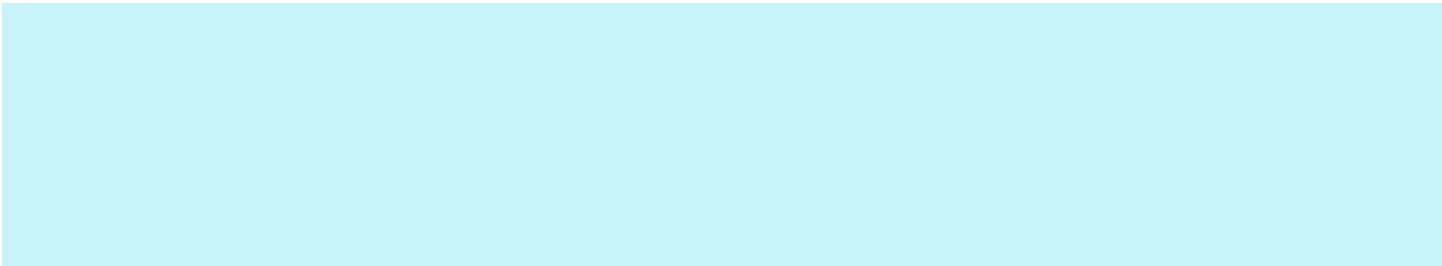
Pick a person whose opinion you value. Not everyone needs to hear about your goals.



# HOW WILL YOU MAKE IT HAPPEN?

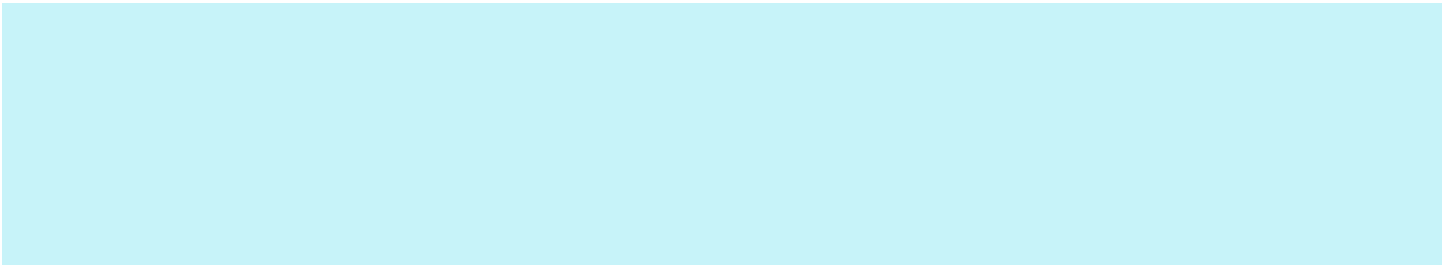
WHAT CAN YOU DO IN THE NEXT 5 MINUTES TO GET STARTED ON THIS GOAL?

It can be the tiniest action possible. Research shows starting right away results in the most change.

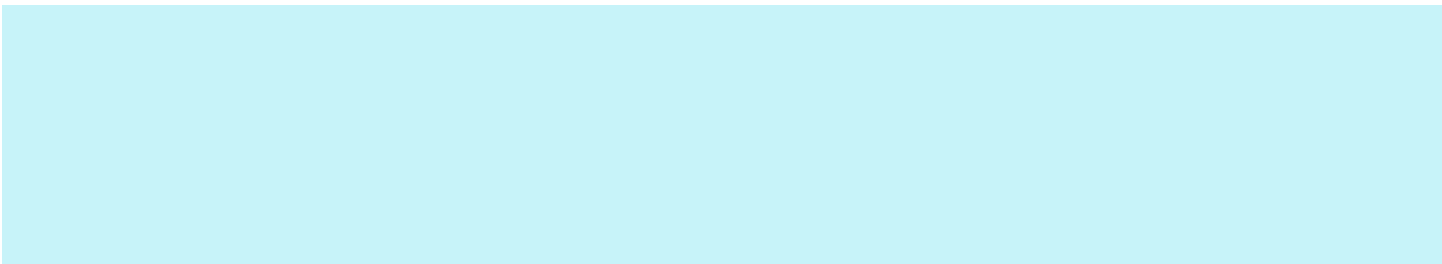


**WALK AWAY FROM THIS WORKBOOK,  
AND DO THAT THING RIGHT NOW.**

WHAT ACTION DID YOU JUST TAKE?



HOW DID IT FEEL TO GET STARTED?



DEFINE WHAT IT TAKES TO DO IT

Once again, this should be laid out in detail. What are the actionable steps we must take each day to work toward our dream? Then, how will we gauge whether we're actually making progress?

# Do you have the discipline to do it every day, even if you don't feel like it?



We all have sluggish days, ones in which it feels nearly impossible to make progress on a task. But it's these arduous times that are frequently the most important for us if we want to achieve something worthwhile.

It's easy to be productive when we're operating on eight hours of sleep and everything is going well in life. It's far more challenging when we're exhausted, stressed and making seemingly little progress.

**It's not just going to come easy,"You're probably going to have to overcome a lot of adversity to be able to persevere and sustain it to get where you want to go."**

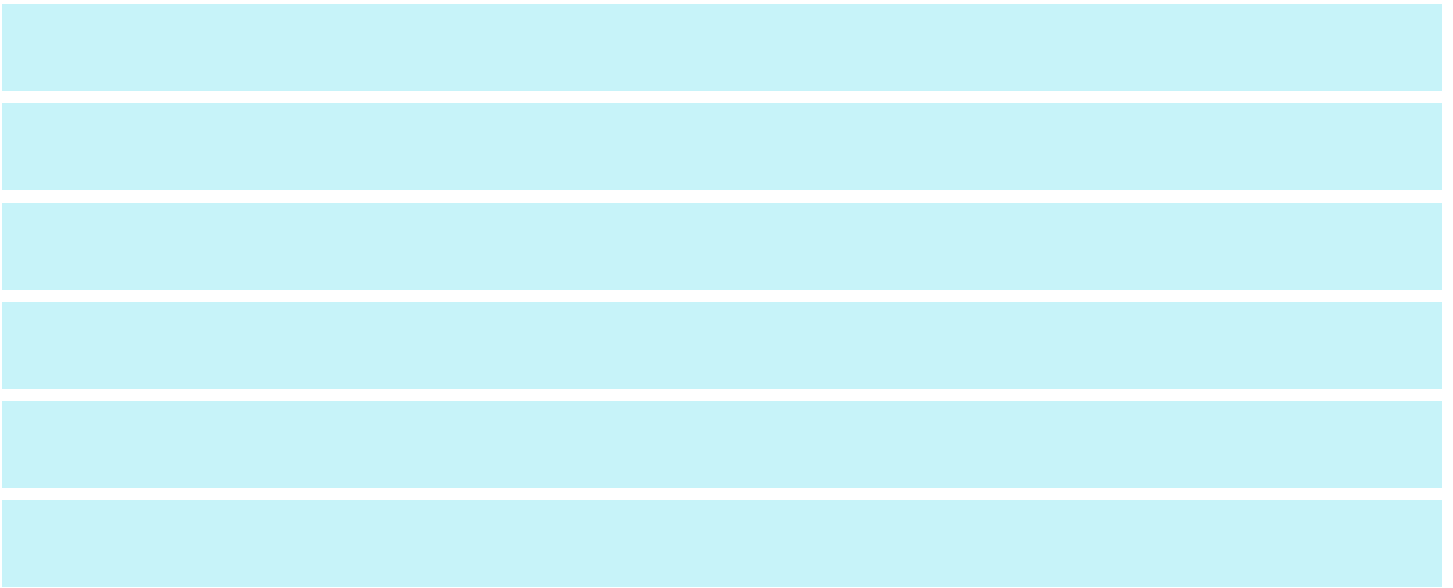
**"People who can do that can reach their full potential," he added.**

**"If you choose to make that kind of commitment to it, you can do the same thing."**

*Discipline is the bridge between goals and accomplishment.*

Jim Rohn

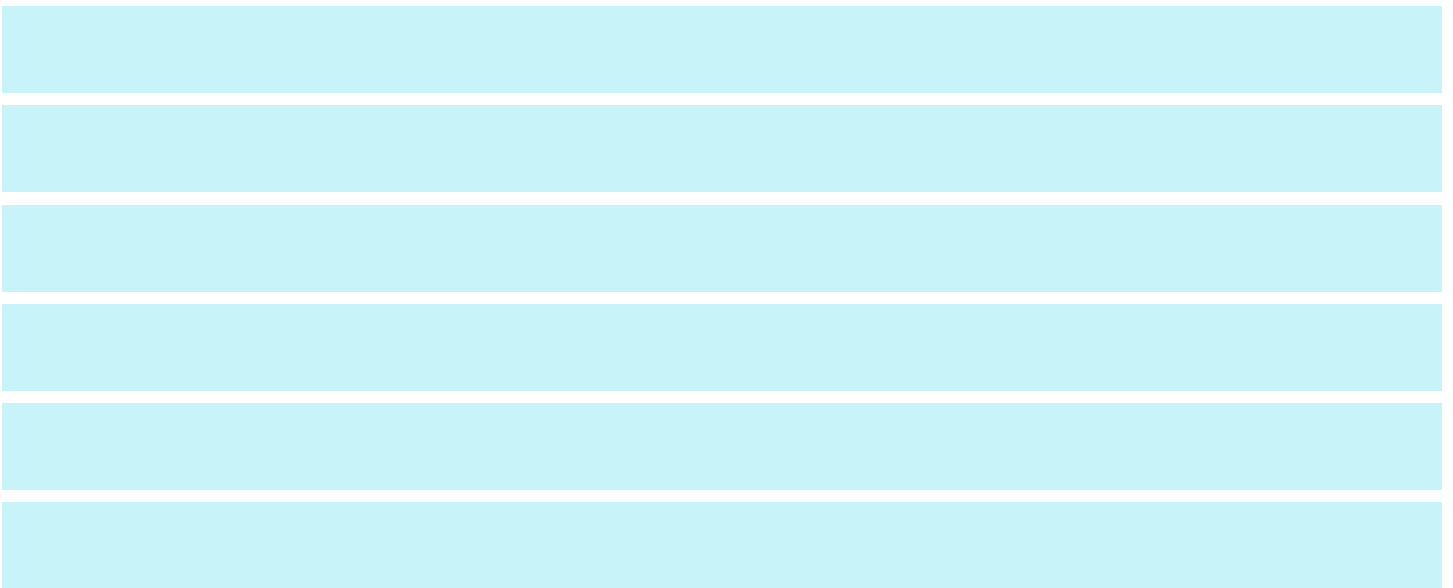
Now, make a list of other small actions you can take that will help you reach your goal:



**EACH MORNING, SPEND 5-20 MINUTES WORKING ON YOUR GOAL**

**If you can do that, you'll be amazed where your life goes this year**

**HOW CAN YOU MAKE IT EASIER TO REMEMBER TO TAKE ACTION EACH DAY?**



# YOU ACHIEVED IT!

Continue revisiting what you've written, add more, or grab another notebook or journal to make journaling – and goal-setting – a consistent part of your routine.

**REMEMBER: THERE IS NO ONE ELSE LIKE YOU, AND THE WORLD EAGERLY AWAITS WHAT ONLY YOU CAN OFFER IN THE COMING YEAR.**

When you embrace that, I assure you, this will become one of the most remarkable years of your life.

I'll be here cheering for you every step of the way.

And lastly, in case nobody else has told you today, allow me to be the first to say that I believe in you and your ability to create an extraordinary year.



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IN 2024



**KENYI DIAZ**

WELLBEING AVOCATE

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