

The book cover features a light beige background with large, soft brushstrokes in shades of peach and sage green. Delicate line-art illustrations of various flowers and leaves are scattered around the edges. The title is centered in a large, bold, black serif font.

# CREATING YOUR AWESOME LIFE

A 90-Day Guided Journal for  
Reflection, Motivation & Action

*Karin Abeyta*

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# WELCOME

## Welcome to Creating Your Awesome Life – A Guided Journal

This journal is a companion to Your Awesome Life and Creating Your Awesome Life. It can be used along with these two books, but it is also designed to be used separately as a powerful tool for personal growth.

Over the next 90 days, you will transition through three powerful phases:

- **Days 1–30: Reflection**

Understanding Who You Are And Where You Are

- **Days 31–60: Motivation**

Rebuilding Mindset, Confidence, And Belief

- **Days 61–90: Action –**

Turning Clarity Into Forward Movement

You do not need to be perfect. You do not need to have everything figured out.

**You only need to show up — one day at a time.**

# HOW TO USE THIS JOURNAL

- **Set aside 10–20 minutes per day**
- **Write honestly — no one else will read this**
- **Skip days if needed; simply return**
- **There are no wrong answers**

Your only job is progress, not perfection.

## PHASE ONE

# REFLECTION

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**Days 01–30**

**Awareness, Healing & Clarity**

**This phase is about understanding your thoughts, patterns, values, and dreams.**

*Before you can create your awesome life, you must first understand the life you are living now.*

# DEFINING YOUR AWESOME LIFE

## REFLECTION

What does an “*awesome life*” truly mean to you — not what others expect, but what you want?

**When do I feel most like myself?**

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**What moments make me feel alive?**

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**If fear were not a factor, what would my life look like?**

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**Today's Intention:**

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**Affirmation:** I am allowed to define success on my own terms.

# WHERE AM I RIGHT NOW?

## REFLECTION

Take an honest snapshot of your current life.

**What is working well in my life right now?**

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**What feels heavy or draining?**

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**What areas need attention?** *(Consider: Health, Career, Finances, Relationships, Personal growth, Joy)*

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**Affirmation:** Awareness is the first step toward change.

# YOUR LIFE STORY SO FAR

## REFLECTION

Your past has shaped you — but it does not define you.

**What major experiences shaped who I am today?**

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**What challenges have made me stronger?**

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**What am I proud of surviving?**

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**Affirmation:** My story is still being written.

# LETTING GO OF COMPARISON

## REFLECTION

Comparison steals joy and clarity.

**Who do I compare myself to most often?**

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**How does comparison affect my confidence?**

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**What would change if I focused only on my path?**

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**Affirmation:** I honor my journey and my timing.

# UNDERSTANDING YOUR VALUES

## REFLECTION

Your values are your personal compass.

**What matters most to me in life?**

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**When have I felt misaligned?**

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**What values do I want my life to reflect?**

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# DESIGN DILE

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