CREATING SPACE FOR YOUR DREAMS

WORKBOOK

Step by step guide on how to stop dreaming and start creating the life you've always wanted



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Welcome!

Hi friend,

I'm so glad you're here. I created this workbook to give you a moment to pause, reflect, and focus on yourself.

As women, we often spend so much of our energy on everyone else that our own dreams get pushed to the side.

This is your reminder that your dreams matter too.

You deserve the time, space, and energy to create the life you've been imagining.

Take a deep breath, grab a pen, and let's get started.

xo, Jackie Silva

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Start taking messy action NOW!



Where am I now?

Take a few minutes to get honest about how you're spending your time and energy right now.

- What takes up most of my time each week?

- What activities drain my energy?

- What activities bring me joy?

- If I had 5 extra hours each week, how would I spend them?

Awareness is the first step to creating change.

Dream Life Vision

What do I really want?

What are 3 things that you would love to add to your life?

1.
2.
3.

What are 3 things that you would love to stop doing?

1.
2.
3.

What is one big dream that you keep pushing aside?

My dreams matter and I deserve to fight for them.

Time Audit & Reclaim

Making time for ME



TIME MANAGEMENT

- Analyze your weekly activities
- Write down the things that take up most of your time
- Decide if you want to keep, reduce or let go of each activity

Suggestion: try time blocking to see where you have free time to start working on your goals!

THINGS I CURRENTLY SPEND TIME ON	ACTION KEEP/REDUCE/LET GO

If you have time to scroll, you have time to work on your goals!

Action Plan

3 small steps I can take this month to move closer to my dream life.

Things To Do

1.

2.

3.

Inspirations

Reminders

Notes

Weekly Planner

Small steps add up.
Every time you choose you,
you're creating more space for the life
you've been dreaming about

Wednesday

Sunday

Thursday

Monday

Friday

Tuesday

Saturday

Monthly Overview

Check off each day that you took action toward your goal

Month _____

S	M	T	W	T	F	S

ACCOMPLISHMENTS

GOAL FOR NEXT MONTH



Thank you!

I hope this workbook helps you find time within your busy schedule to start working on your dreams.

If you don't start, you'll never accomplish anything!

Stop letting the years go by while you continue to make everybody else a priority.

You matter! Your dreams matter!

You deserve to be happy!

Your dream life is attainable, you just have to believe and take ACTION!



I would love to hear more about your goals.
Connect with me below!

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