



MY JAMAICAN
VIGNETTES



*The Dream
Life*

Workbook

A Guide for Mid-career Women



www.myjamaicanvignettes.com

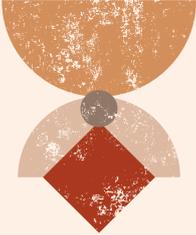
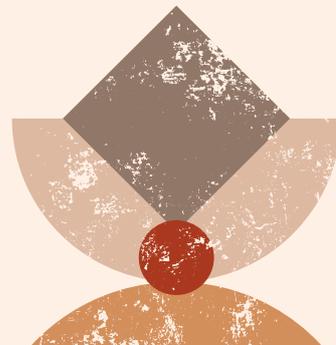
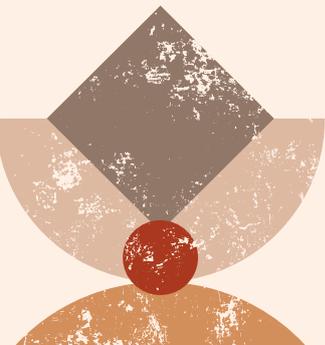


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Welcome

Welcome to The Dream Life Workbook. This is a space for you to pause, reflect, and get clear on what you truly want your life to look and feel like, beyond the day-to-day hustle.

Many women in their mid-career find themselves at a crossroads. You've worked hard to get where you are, but you might be asking: "Is this it? Is this what I really want?" This workbook is designed to help you answer that question and create a clear vision for the next chapter.

The goal isn't to create a perfect plan, but to explore your desires, identify your values, and define success on your own terms. You'll work through different areas of your life, from your career to your relationships, to build a holistic picture of the future you're excited about.

Take your time with these prompts. There are no right or wrong answers. This is for you, and only you. Grab a warm drink, find a comfortable spot, and let's begin.

With thanks and warmth

Chantel
DaCosta



Current Snapshot

Where You Are Now



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Before we look ahead, let's take a quick look at where you are right now. This is a no-judgment zone. Simply write down what comes to mind.

Date:

- On a scale of 1-10, how fulfilled do you feel in your life right now? 1 (Not at all fulfilled) to 10 (Completely fulfilled)
- My number is:
- What's one thing you're proud of achieving in your career so far?
- What's one thing that brings you joy outside of work?
- What is one thing that feels heavy or stressful right now?



Vision for Your Dream Life

For each section below, close your eyes and imagine your ideal future. Don't worry about how you'll get there yet—just focus on what you want it to look and feel like.

We will explore careers, finances, relationships, home, health and well-being



Vision for Your Dream Life

Careers

What does your ideal workday look like? What time do you wake up?

What do you do in the morning?

Do you work for yourself or for a company? What kind of work are you doing? What problems are you solving?

What is your relationship with your colleagues and your boss?

How does this work make you feel? (e.g., challenged, creative, purposeful, relaxed)

My Career Vision



Vision for Your Dream Life

Personal Finances and Investments

How much do you want to earn annually? How does this income make you feel? (e.g., secure, free, abundant)

What is your financial relationship with your partner or family?

What are your savings and investment goals? (e.g., paying off debt, saving for a home, investing for retirement, starting a business)

What does "financial freedom" mean to you?

My Money Vision



Vision for Your Dream Life

Home

Describe your dream living space. Where is it located? What does it look like? (e.g., a cozy apartment, a house with a garden, a bustling city, a quiet countryside)

What does the atmosphere of your home feel like? (e.g., peaceful, full of laughter, minimalist, creative)

How do you spend your time in your home?

My Home Vision



Vision for Your Dream Life

Relationships

What is the quality of your relationships with your partner, children, or family? What does it feel like to be around them?

What kind of relationships do you want to build and nurture? (e.g., a strong partnership, a close circle of friends, a vibrant community)

How do you show up for the people you love?

My Relationships Vision



Vision for Your Dream Life

Health and Well-being

How do you want your body to feel? (e.g., strong, energized, resilient, comfortable). What are your habits around food, movement, and sleep?

What physical activities do you genuinely enjoy?

What is your relationship with your body? What does it look like to prioritize your mental well-being? What boundaries have you set?

What are your go-to self-care rituals? (e.g., journaling, spending time in nature, reading, meditation)

How do you handle stress and overwhelm?

My Well-being Vision





Bringing It All Together

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Your Dream Life



Now that you have a clearer picture of your dream life, let's look at the big picture.

Read through everything you've written. What are the common themes or values that stand out? (e.g., freedom, creativity, connection, security, growth)

Based on your answers, write a single paragraph that describes your "Dream Life" in your own words. Use words that evoke feeling.

What is one small step you can take today or this week to move closer to this vision?

My Core Values are:

My Dream Life is:

One small step I'm taking this week is:

Congratulations on taking the time for yourself to do this work. The act of dreaming is the first step toward creating. Come back to this workbook whenever you need a reminder of what you're working toward.

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