



Chasing It

A 6-WEEK GUIDED JOURNAL TO CREATE AN
ACTION PLAN FOR YOUR DREAMS



FOR THE WOMAN WHO KNOWS WHAT SHE WANTS.
SHE JUST NEEDS A PLAN TO GET THERE.



Welcome Fellow Dreamer!

You're here because something inside you is ready to take action.
You're ready to stop waiting. Ready to stop letting time pass you by.
Ready to chase the dream that feeds your soul.

This journal isn't about pressure or perfection.
It's about progress. Gentle, consistent, soul-aligned progress.

Over the next 6 weeks, you'll get clear on what your ultimate goal is, map out the steps to get there, and most importantly—learn to believe in yourself again.

You don't have to hustle your way into the next chapter.
You just have to choose yourself—one intentional step at a time.

Let's get started!

— Courtney ♥

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How to use this guided journal

This 6-week journal is designed to help you stop stalling and start doing. You already know what you want—you're just overwhelmed by how to get there. This is your space to break it down, map it out, and move forward.

Each week, you'll:

- Focus on one theme word
- Set mini milestones
- Break your goal into 3 clear action steps
- Check in with yourself and your progress
- Reflect, re-align, and celebrate

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Week 1: Clarity

This week is about getting honest with yourself—naming the goal you want and why it truly matters.

Week 2: Commitment

Now that you know what you want, it's time to show up for it—one small, consistent step at a time.

Week 3: Momentum

You're building trust with yourself by following through, celebrating the little wins, and keeping the energy going.

Week 4: Resilience

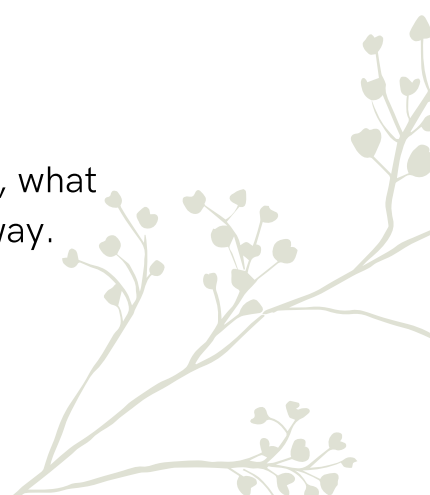
This week, we're making space for setbacks, challenges, and grace—because growth isn't always linear.

Week 5: Alignment

You'll pause, reflect, and adjust to make sure the steps you're taking still align with the life you actually want.

Week 6: Celebration

This final week is about honoring how far you've come, what you've learned, and who you've become along the way.





WEEK 1

Clarity

Affirmation: "My dreams are valid. My direction is becoming clear."

Weekly Focus: What is the actual goal? What does success look and feel like?

Weekly Challenge: Write your goal down in one sentence and post it somewhere you can see it daily.





Week 1: Action Plan

- Define the goal you want to focus on
- Visualize the end result (create a vision board on your phone or on Pinterest to truly bring it to life)
- List 3 possible obstacles and how you plan to navigate them

Journal Prompts:

1. What is the dream/goal I want to chase and why does it matter to me?
2. If I reached this goal, how would my life feel different?
3. What fears are trying to keep me from this goal right now?
4. What can I do today, to minimize those fears?



WEEK 2

Commitment

Affirmation: "I show up for what I want, even when it feels hard."

Weekly Focus: Show up and choose the goal again —daily.

Challenge: Schedule your micro-steps on your calendar. Make them non-negotiable.





Week 2: Action Plan

Action Plan:

- Break your goal into 3 smaller checkpoints. Give each one a realistic timeline. You will then work backwards so you know how much time you'll need for each.
- Choose one checkpoint to work on this week
- Set 3 micro-steps to support your checkpoint

Journal Prompts:

1. What excuses am I ready to let go of?
2. Where can I make 30 minutes of space in my week to move this dream forward?
3. What daily habits am I currently doing or can I input to support the version of me who is capable of achieving this?



WEEK 3

Momentum

Affirmation: "Little steps lead to big shifts. I am building something real."

Weekly Focus: Build trust with yourself by following through.

Challenge: Start a "Momentum List" of small wins this week. Add to it daily.





Week 3: Action Plan

Action Plan:

- Track your wins (no matter how small) and check each one off as you achieve them
- Identify one thing that's working well in your action plan
- Focus on the next checkpoint you identified in week 2 and develop 3 micro steps to help achieve it

Journal Prompts:

1. What's one thing I did this past week that made me proud?
2. Where do I feel the most resistance right now? Why?
3. What's something I can delegate or let go of to create more focus on working toward my goal?



WEEK 4

Resilience

Affirmation: "Setbacks don't stop me—they teach me."

Weekly Focus: Handle challenges without losing sight of the bigger picture.

Challenge: Pick one self-care or reset ritual to lean on this week when needed.





Week 4: Action Plan

Action Plan:

- Revisit obstacles that have come up since week 1 and identify how you can overcome them
- Create a bounce-back plan for when energy/motivation dips
- Check in on your progress for checkpoints 1 and 2 and identify if you need to focus more on either or if you can move on to number 3

Journal Prompts:

1. Where did I struggle last week, and what did I learn?
2. What triggers my overwhelm, and how can I prepare for it?
3. What's something kind I can say to myself when I feel stuck that will keep me motivated



WEEK 5

Alignment

Affirmation: "Everything I do moves me closer to the life I want."

Weekly Focus: Make sure your actions still align with your values and goals.

Challenge: Write a letter from your future self who already achieved the goal. What did she do to get there?





Week 5: Action Plan

Action Plan:

- Reevaluate all your checkpoints and goal progress
- Edit anything that doesn't feel aligned
- Recommit to the final stretch

Journal Prompts:

1. What's been working that I want to keep?
2. What no longer feels aligned and needs to shift?
3. How can I make this final push more enjoyable?



WEEK 6

Celebration

Affirmation: "I am proud of how far I've come and excited for what's ahead."

Weekly Focus: Reflect, celebrate, and expand your vision.

Challenge: Plan a small celebration or ritual to honor yourself. You showed up. That matters.





Week 6: Action Plan

Action Plan:

- Review your wins and growth
- Identify what this process taught you
- Set your next goal (or expansion of the current one)

Journal Prompts:

1. What am I most proud of myself for over the past 6 weeks?
2. How has my mindset shifted since I started?
3. What progress have I made toward my ultimate goal and how can I expand on it?



Conclusion

Congratulations! You learned the power of commitment and perseverance. Look at you now. Six weeks later. You took the steps. You followed through. You chose yourself again and again and you didn't give up.

This isn't the end of the road. It's just the beginning. This journal is meant to show you how much progress you can make if you focus on the end goal and develop a clear plan to get there.

And whatever you want next—is right at your fingertips.
Keep chasing it. You're closer than you think.

— Courtney

