
Make

2024

Your Best Year Yet: Set Yourself Up Now

by Kristina Karlsson

DREAM LIFE ®
BY KRISTINA KARLSSON

“

One: one life. Just one.
Why aren't we running
like we are on fire towards
our wildest dreams?

”

- Oscar wilde -

I'm clear on my Dreams/Goals for 2024:	1	2	3	4	5	6	7	8	9	10
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I know my top 3 Dreams/Goals for 2024:	1	2	3	4	5	6	7	8	9	10
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I realise a year will go very fast & that life is short: 1 2 3 4 5 6 7 8 9 10

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In 10 years...

Your age?

.....

Partner's age?

.....

Children's age(s)?

.....

Parent's age(s)?

.....

Grand-Parent's age(s)?

.....

Ages of other important people?

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“

If someone told you
how many years,
weeks, hours you had
left to live, would that
change the way
you live your life?

”

Make 2024 Your Best Year Yet

100 years old minus my age today of

_____ = _____ X 12 = _____

months ahead for me!

Make 2024 Your Best Year Yet

Choose 3 dreams for 2024:

1

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.....

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Why?

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.....

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2

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.....

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Why?

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.....

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3

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.....

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Why?

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.....

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Make 2024 Your Best Year Yet

What actions will you need to take in 2023 to get ready for 2024?

Handwriting practice area with 20 horizontal dotted lines.

To live your dream life you need to be clear on:

Your Dreams

Your Purpose

Your Passions

Your Values

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What support do you need?

Handwriting practice area with 20 horizontal dotted lines.

“ One day you will wake up
and there won't be any more time
to do the things
you've always wanted.

Do it now.

”

Paulo Coelho

Make 2024 Your Best Year Yet

Need more support?
For more information scan QR codes.

Join my 12 months Dream Life Coaching Program:



The Dream Life
Habit Club:



GROW
Personal Growth Book Club:



Listen To My
Weekly Podcast:



Inspiring products To Help
You Live Your Dream Life:



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Love,

♡ K

DREAM LIFE ♡
BY KRISTINA KARLSSON

Tips on making 2024 Your Best Year Yet

“

Where you are
a year from now
is a reflection of
the choices you
choose to make
right now.

”