



**Everything I Want and
Nothing That I Don't
Create Your Best Life Now**

Workbook

Gloria Sloan

Everything I Want, and Nothing That I Don't

WELCOME

Dear Reader,

You're here because something inside you knows there's more. More joy, more freedom, more alignment, more of you in your life.

This workbook is your permission slip to stop settling, stop waiting, and start creating your best life NOW.

In these pages, you'll:

-  Release what drains your energy so you can finally breathe again.
-  Get radically clear on what you truly want (not what others expect of you).
-  Sort through your desires to uncover which ones are authentic and aligned.
-  Anchor your vision into daily habits and micro-shifts that build momentum.
-  Begin embodying joy, freedom, and abundance in the present moment.

This isn't about adding more "to-dos" to your plate. It's about uncovering what matters most to you and making space for it every single day.

Take your time. Be honest with yourself. Write freely. There are no wrong answers; only clues leading you closer to your truth.

By the end, you'll hold a roadmap to your best life – designed by you, for you.

So grab your pen, open your heart, and...

...Let's Get Started!

Section #1

THE RESET: CLEARING SPACE FOR WHAT YOU TRULY WANT

Before you can fully step into the life you do want, you need to create space by releasing the things you don't. Think of this as clearing out an overstuffed closet. If it's packed with things that no longer fit or feel good, there's no room for the things that light you up.

This section will help you identify what drains your energy, what feels misaligned, and what you're ready to release.



*"Your best life isn't
waiting. It's unfolding
the moment you decide to
live it."*



THE “NO” LIST

Every time you say “yes” to something you don’t really want, you’re saying “no” to yourself. The “No List” helps you get honest about what no longer belongs in your life.

Write down everything – big or small – that feels like an obligation, drain, or misaligned commitment. Don’t hold back! Include habits, relationships, work tasks, self-talk, etc. Aim for at least 10 items.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

Next, review your list and circle 2-3 “NOs” that you can begin releasing right now. Write them below.

#1

#2

#3

ENERGY LEAK AUDIT

Sometimes it's not the big things holding us back, but the small, everyday "leaks" that drain our energy. These are the places where we give away time, attention, or emotional space without even realizing it.

Under each column, list where your energy feels most drained. Be honest. Awareness is the first step to change.

TIME	RELATIONSHIPS	WORK	HABITS
<i>Ex: endless scrolling on social media</i>	<i>Ex: people who only call when they need something</i>	<i>Ex: tasks that don't align with your bigger goals</i>	<i>Ex: staying up too late, skipping meals</i>

NOTES:



ENERGY LEAK AUDIT

Review your answers on the previous page, then reflect with the following questions.

Where do I feel most drained in my daily life?

A large, empty, rounded rectangular box with a light beige background and a thin black border, intended for the user to write their answer to the question above.

Which energy leaks am I tolerating out of habit, fear, or guilt?

A large, empty, rounded rectangular box with a light beige background and a thin black border, intended for the user to write their answer to the question above.

ENERGY LEAK AUDIT

Go back to your 4 columns and look at all of the leaks you identified, then answer the following questions:

Identify 3 of your biggest leaks.

- 1 _____
- 2 _____
- 3 _____

What is 1 simple way you can seal off each of these leaks?

1

Ex: Social media scroll → set a 30-minute daily limit

2

3

IF I RELEASED THIS...

Releasing what doesn't serve you isn't just about letting go – it's about creating a new emotional and energetic state. By imagining how you'd feel without these drains, you start shifting into freedom now.

Look back at your "No List" and your Energy Leak Audit. Choose 3 items that feel the heaviest.

1

If I released this, how would I feel?

Ex: If I released this toxic friendship, I would feel peaceful and more confident.

2

If I released this, how would I feel?

3

If I released this, how would I feel?

REFLECTION

What is one thing I know I am ready to say NO to today? Why do I want to let this go?

How does it feel to prepare to let go?

How will life be different for me?

Section #2

THE DESIRE MAP: DEFINING WHAT YOU DO WANT

Now that you've created space by identifying what you don't want, it's time to map out what you do want. This isn't about setting rigid goals or following someone else's definition of success. This is about tuning into your deepest desires and giving yourself permission to want what you truly want.

Your desires are not random. They're the compass pointing you toward your best life.

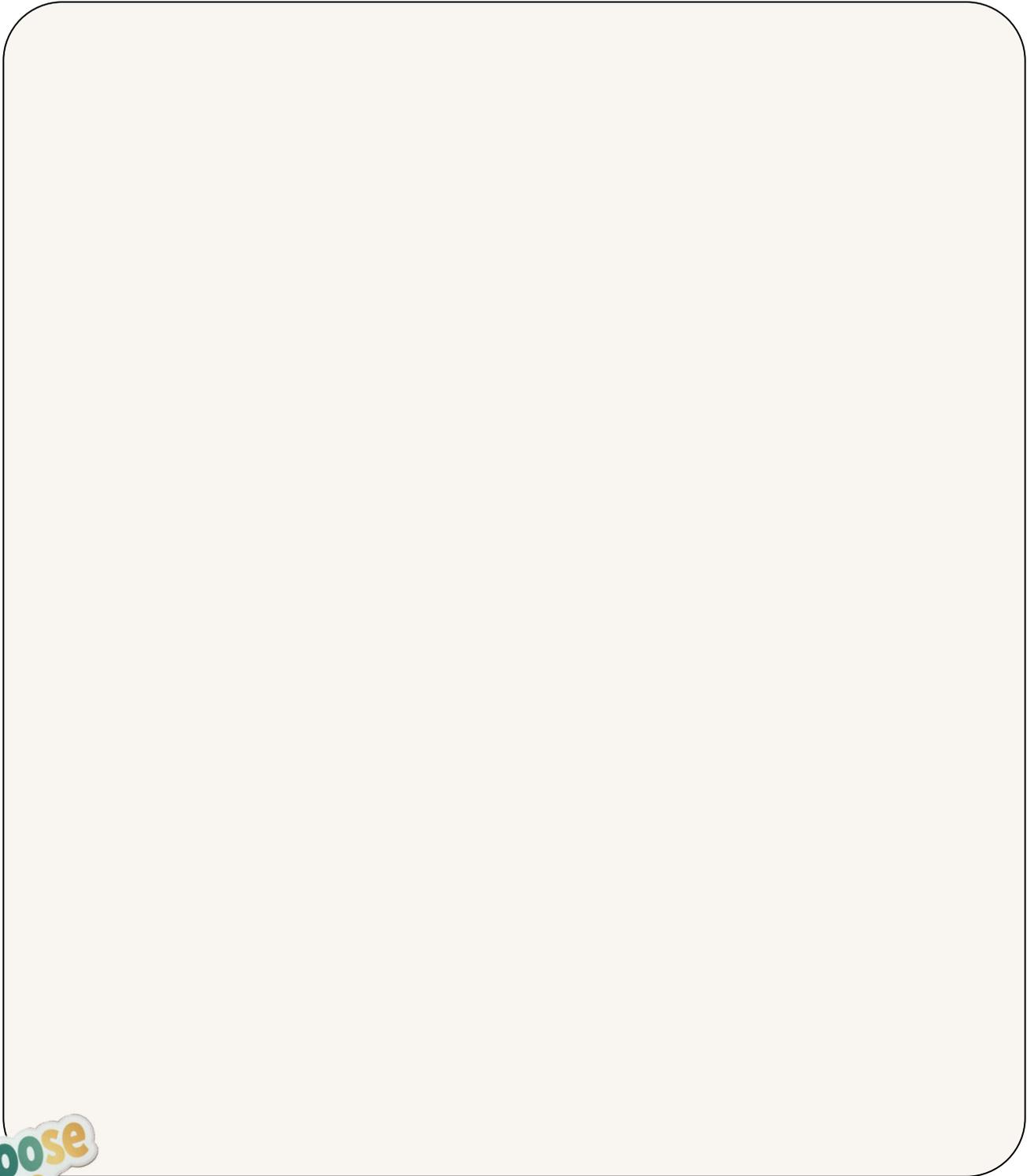


*"Clarity creates
freedom. Freedom
creates joy. Joy creates
alignment."*



DESIRE BRAIN DUMP

After your 10 minutes, read through your writing. Circle or highlight anything that sparks excitement or makes your heart beat faster. Reflect on them below.

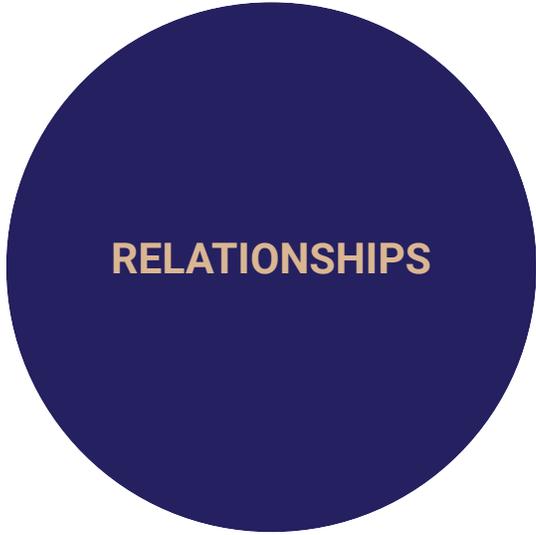


THE 4 PILLARS OF DESIRE

Clarity comes when you organize your desires into the key areas of life. These pillars help you see the full picture of what you're creating:



HEALTH & WELLBEING



RELATIONSHIPS



WORK & PURPOSE



LIFESTYLE & JOY

On the next pages, you'll find prompts under the four life pillars. Take your time journaling under each one.

WORD CLOUD

Your desires have power when you can see them summed up simply. A word cloud becomes a visual reminder of where you're headed.

Review your Brain Dump and Four Pillars.

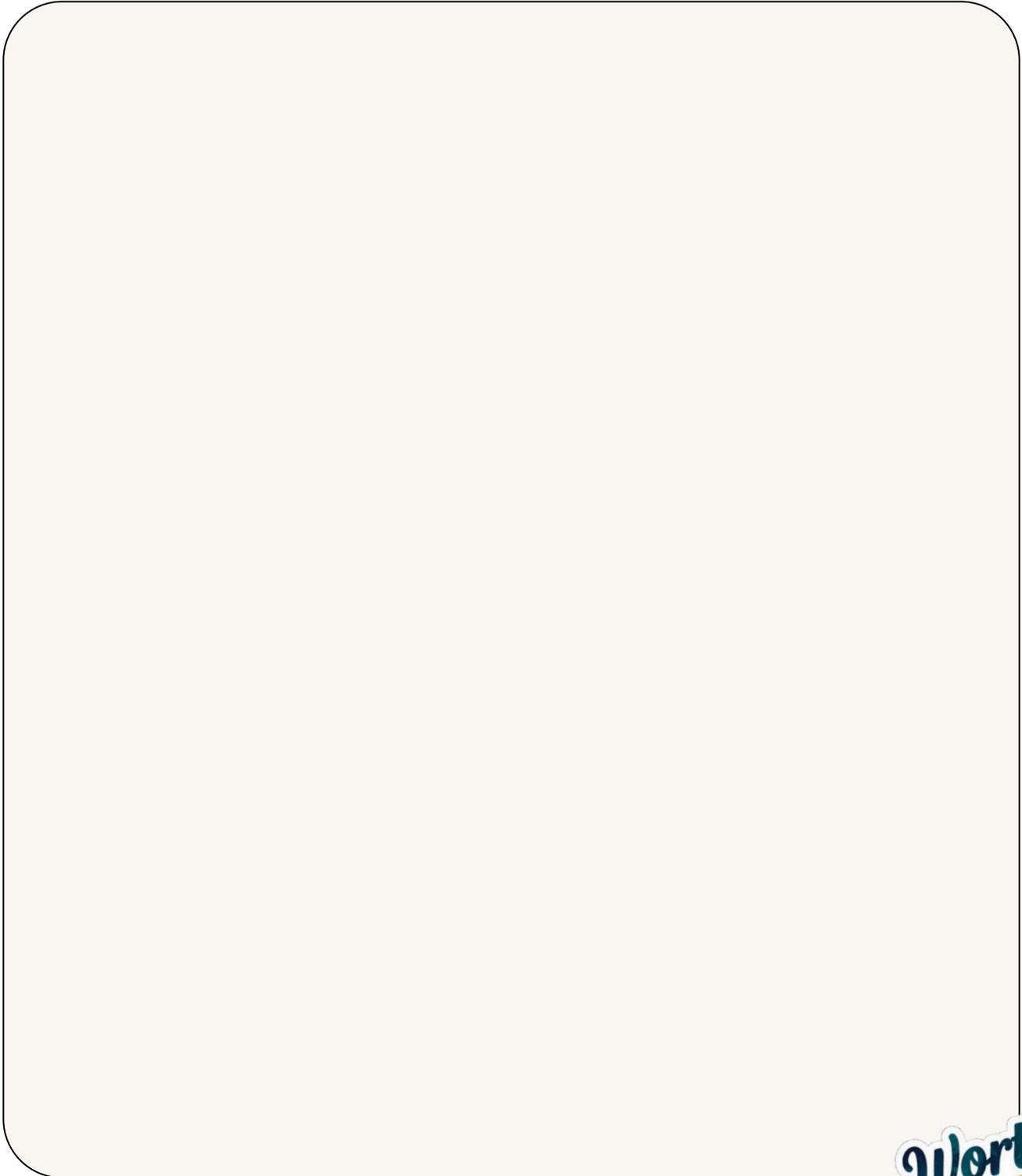
Write down the words or phrases that show up the most (ex: freedom, connection, joy, abundance, creativity, peace).

Create a word cloud – write them in different sizes, colors, or shapes to make it visually fun.



WORD CLOUD

How does it feel to see my desires expressed clearly in one place? Do I feel any aspects of guilt? If so, why or why not?



Section #3

ALIGNMENT CHECK: SORTING WANTS FROM “SHOULD”

You’ve cleared space and named your desires. Now comes a critical step: making sure those desires are truly yours.

Many of us carry hidden “shoulds” – expectations from parents, society, or old versions of ourselves. These can sneak into our goals and leave us chasing something that doesn’t actually bring fulfillment.

This section helps you tune into what feels authentic versus what feels borrowed.



"When you say no to
what drains you, you
make room for
everything you truly
desire."



THE “SHOULD DETECTOR”

Look back at the desires you listed in Section 2 and write them below.

Desires:

*Clear &
Confident*

For each one, ask yourself: Does this feel like it comes from my heart – or from outside pressure? Am I choosing this because it excites me, or because it looks good on paper? Then record them below in the appropriate column.

Truly Mine

“Shoulds”

THE “SHOULD DETECTOR”

Identify one “should” that you’re ready to let go of.

I am ready to let go of:



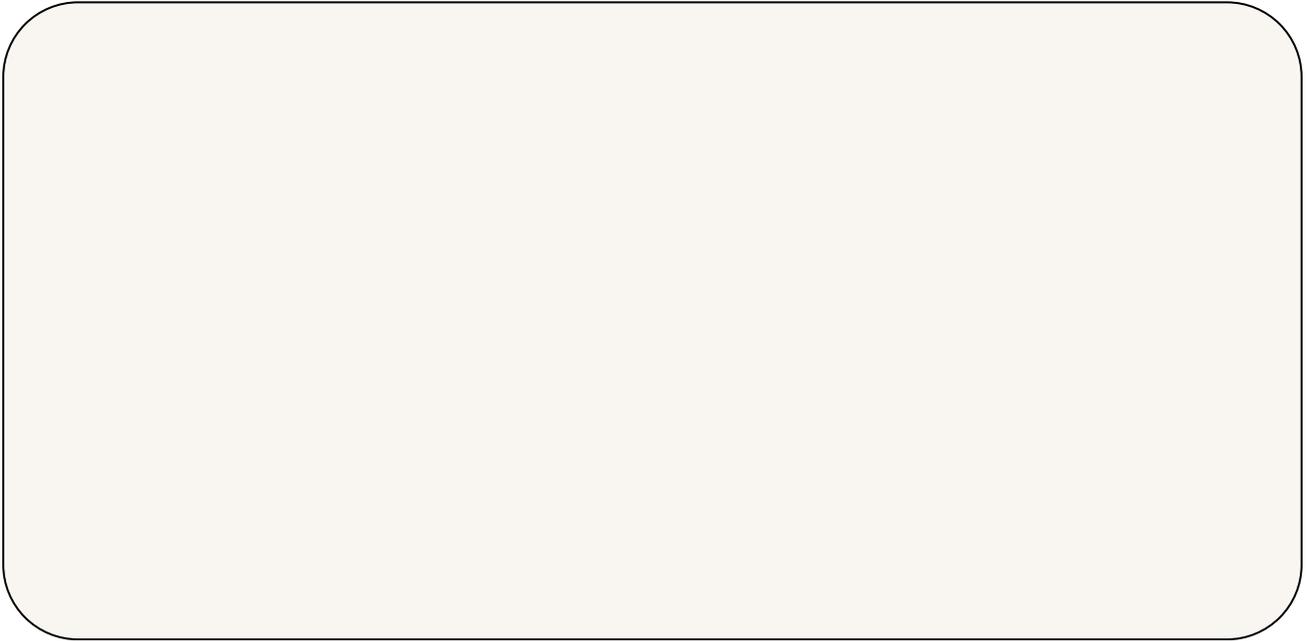
What small action step can you take today to begin releasing this “should”?

How will I feel when it has been fully released? Be descriptive!

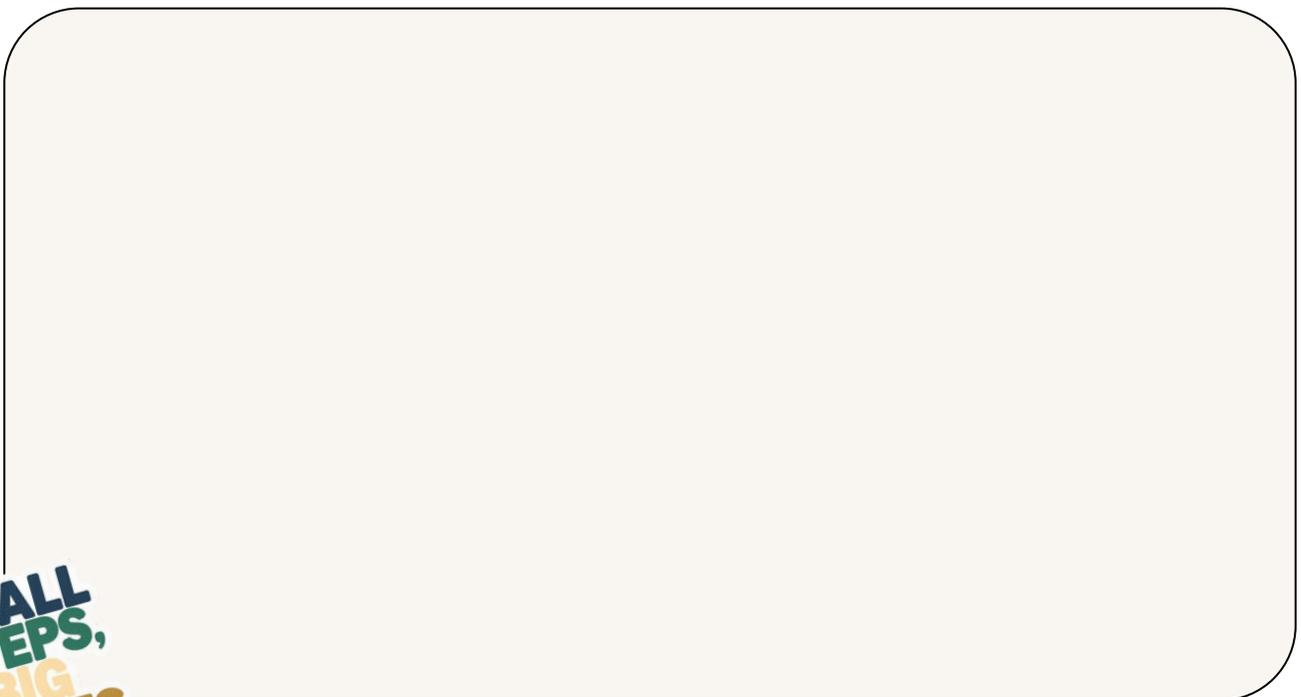
EXPANSION VS. CONTRACTION

Review your answers on the previous page, then reflect with the following questions.

Which of my desires feel expansive, and how can I give more energy to them now?



Which feel contracted, and how might I release or reframe them?



WORTHINESS JOURNAL

Sometimes desires feel contracted not because they're wrong, but because we don't feel worthy of them. When you believe you have to "earn" your joy, abundance, or freedom, you delay living your best life.

Review your desires again. Notice if any feel out of reach or if you hear yourself saying, "I'll deserve this when..." Journal honestly about where worthiness blocks show up.

Where do I still feel like I need to 'earn' my desires?

Ex: "I tell myself I need to work harder before I can rest – but rest would actually give me the energy to succeed."

What would change if I believed I was worthy now?

Section #4

ANCHORING THE NEW LIFE: DAILY HABITS AND MICRO-SHIFTS

Your best life isn't built through one giant leap – it's created through small, consistent actions that align with who you want to be. Think of these as micro-shifts: little things you do every day that keep you moving toward your vision.

This section will help you design habits and routines that bring your future self into the present moment.



*"Small daily shifts
lead to massive
transformation."*



THE FUTURE SELF FIVE

Your “future self” already lives the life you desire. By asking, “What would my future self do daily?” you get clues about the habits, choices, and energy that will move you forward now.

Close your eyes and imagine yourself one year from now, living your best life. Picture a typical day: How do you wake up? What choices do you make? What habits shape your energy, mood, and actions?

Write down 5 small things your future self does every day.

Step 1

Ex: Check email only at designated times

1

2

3

4

5

Step 2

Circle 1–2 of your “Future Self Five” that feel easiest to start now.

Step 3

Make a commitment to practice them this week. How will these small shifts bring me closer to my vision today?



THE ALIGNED DAY PLAN

Your days create your life. By designing a simple plan for your mornings, work time, and evenings, you ensure that each day includes actions that keep you aligned with your desires.

Write down one aligned action for each block of time. These don't need to be big – consistency is what matters.

Example:

Time of Day	Aligned Action	Why It Matters
Morning	Journal for 5 minutes with gratitude	Sets my energy for the day
Work/Daytime	Take a 10-minute walk after lunch	Keeps my body energized and mind clear
Evening	Put my phone away 1 hour before bed	Improves sleep and creates calm

Now it's your turn:

Time of Day	Aligned Action	Why It Matters
 Morning		
 Work/Daytime		
 Evening		

HABIT TRACKER

Review your experience after having used your habit tracker, then reflect with the following questions.

What did I learn about myself while practicing this habit?

How did this one shift impact my energy, mood, or daily life?

Section #5

LIVING IT NOW: EMBODYING YOUR BEST LIFE TODAY

The biggest mistake most people make is thinking their “best life” is waiting somewhere in the future. But here’s the truth: your best life begins the moment you decide to embody it.

You don’t need the perfect income, body, or relationship to start living in alignment. You can bring elements of your vision into your daily life right now. Even small shifts send a powerful message to your mind and body: *I am already living the life I desire.*



*"I am already living
my best life — because I
choose it now."*



THE “NOW LIST”

You don't have to wait until every desire is complete to feel joy, freedom, or peace. The “Now List” helps you weave pieces of your vision into today.

Look back at the desires you wrote in Section 2 and write your top 3 here:

1 _____

2 _____

3 _____

NOW

For each one, brainstorm small ways to bring it into your life immediately. Focus on feeling the essence of the desire, not recreating the whole thing. Ask yourself: How can I bring small elements of my vision into my life today?

1

*Ex Desire: Travel →
Take a new walking route, try a new local café, explore a nearby town this weekend.*

2

3

EMBODIMENT AFFIRMATIONS

Affirmations aren't just positive statements – they're declarations of who you are choosing to be now. When you speak as though your vision is already here, your mind and energy align with it.

Use the sentence starters below to create affirmations that match your desires. Choose 3 to practice daily. Write them on sticky notes, put them on your phone lock screen, or repeat them every morning.

Ex: "I choose peace and joy in my daily life." "I welcome love, laughter, and connection into my relationships."

Affirmation Prompts:

I choose... _____

I allow... _____

I welcome... _____

I am... _____

Which 3 affirmations will you practice this week?

1

2

3

CLOSING REFLECTION

Transformation isn't about waiting. It's about deciding. This reflection helps you anchor that decision today.

Free-write a closing declaration that captures your new mindset. This can be one sentence or a full page — let it reflect your readiness to step into your best life.

Ex: "My best life is now. I choose freedom, joy, and connection. I choose to live as my future self today. I don't wait anymore — I embody it now."

My best life isn't later — it's now, because I decide it. Here's what I'm choosing today...

No more
"Shoulds"

YOUR BEST LIFE MANIFESTO

Write a powerful declaration to your future self of what your best life looks and feels like, and sign your name at the bottom. Be as descriptive and use as many of your senses as possible. This is your promise to yourself to live it now.



My Best Life Manifesto

Most Sincerely,

Your Signature

Date

ABOUT THE AUTHOR



Gloria Sloan, founder and CEO of Personal Dynamics, Inc., has emerged as a respected leader in personal development and global motivational leadership. With over four decades of dedicated service in business management, human resources, workforce development, and hospitality procurement, her experience has empowered countless individuals to reach their full potential by using essential life skills to elevate their personal and professional growth. She empowers and educates individuals with wisdom to help them find clarity, identify their strengths, and align their values with

their career choices and relationships. Gloria coaches and mentors passionately, guiding individuals to cultivate a vision of greatness effectively. She delivers intellectual insights that promote self-discovery and personal transformation, enabling heightened performance and motivating audiences to embark on a journey to become their best selves.

Gloria motivates and delivers profound wisdom as a dynamic speaker and facilitator. Her engagements inspire and ignite transformative journeys of self-discovery and growth. She offers practical and successful approaches to gaining clarity and identifying strengths by aligning core values with both personal and professional goals.

A Book Excellence award-winning author, her celebrated publications offer practical guidance for personal and professional development. She is an Executive Contributor for Brainz Magazine, a global publication, and a contributing author for the Daily Gift Book Series. She currently hosts The Gloria Show, a syndicated podcast focused on personal development.

Affiliations include the International Coaching Federation (ICF) and the National Speakers Association (NSA).



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