

A 21-DAY MID-YEAR JOURNAL

STILL *Chasing* YOUR DREAMS?

REIGNITE YOUR PASSION
AND **FINISH THE YEAR STRONG**

For anyone who set a goal
in January and still has
something left to give

IT'S NOT TOO LATE.
**YOU STILL HAVE
6 MONTHS.**

FOCUS.
FAITH.
**FOLLOW
THROUGH.**

- ✓ GOALS
- ✓ PASSION
- ✓ PURPOSE
- ✓ PLAN
- ✓ PROGRESS

The year
is not over.
You still have
time.
Let's use it
well.

DREAM IT.
PLAN IT.
PURSUE IT.
LIVE IT.

“ IF YOU LACK PASSION FOR WHAT YOU WANT TO DO,
IT IS NOT YOURS TO DO. PASSION IS WHAT KEEPS YOU
GOING WHEN THE GOING GETS ROUGH. ”

PAUL EUGENE

Still Pursuing My Dreams • My Soul Speaks • Faith-Based Fitness Ministry

Still Chasing Your Dreams?

A 21-Day Mid-Year Journal to Reignite Your Passion
and Finish the Year Strong

For anyone who set a goal in January and still has something left to give

If you lack passion for what you want to do, it is not yours to do. Passion is what keeps you going when the going gets rough.

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A Note From Paul Eugene

It is July. And if you are holding this journal right now, something in you is not ready to give up on the year.

Good. Do not give up on it.

I was sitting at the lake not long ago, thinking about dreams and goals and the people I know who started the year with fire and somewhere between January and now, the fire got smaller. And I thought about why that happens. Not because people are lazy or weak or undisciplined. But because sometimes the goal they set was not actually theirs. It was exciting. It looked good on paper. It sounded right in the new year energy. But when the going got rough — and the going always gets rough — there was nothing pulling them forward. No passion. No fire underneath it. Just an obligation they could not quite make themselves keep.

Here is what I know: if you lack passion for what you want to do, it is not yours to do. Passion is not the feeling you have on the easy days. Passion is what gets you back up on the hard ones. It is the thing that keeps you going when every reasonable voice is telling you to quit. And if that thing is not there, the dream is not yours — and the most honest and courageous thing you can do is admit it, let it go, and find the one that is.

But I also want to ask you something else. Because sometimes the dream is real and the passion is real — but the time and energy went somewhere else. To someone else's goals. To someone else's vision. To a job, a relationship, a family expectation that quietly consumed what was yours to give to yourself. That is a different conversation. And this journal will have it with you.

These 21 days are not a productivity system. They are a conversation — between you and the person you were in January, between you and the person you want to be by December, between you and the dream you may not have given a fair chance yet.

The year is not over. You still have six months. Let's use them well.

Still Pursuing My Dreams,

Paul Eugene

How to Use This Journal

This 21-day journal is designed for the mid-year moment — when the year is half over and you still have something left to give. Each day takes 15–20 minutes and contains four elements:

- 1. Today's Thought** — 200–300 words. Direct, honest, warm. Read it before you write.
- 2. Say It With Me** — A bold first-person affirmation. Say it out loud. Say it like you mean it.
- 3. Today's Quote** — One sentence to carry with you. Write it somewhere you will see it today.
- 4. Journal Prompts** — Three questions that go deeper with each one. Write honestly — nobody else has to read this.

After every seven days there is a Weekly Reflection page — a broader, unhurried pause to look back across the whole week before stepping into the next phase. Use it to consolidate what you are learning, write a week-closing commitment, and carry one thing forward that you do not want to forget.

The Three Phases

Days 1–7: LOOK BACK — Honest reckoning. Was it really your dream? Whose dream are you living?

Days 8–14: LOOK WITHIN — Passion as the test. Finding what genuinely drives you. Naming your real dream.

Days 15–21: LOOK FORWARD — Rebuilding momentum. Becoming who you need to be. Finishing strong.

One rule: be honest. This journal only works if you tell the truth.

PHASE 1 · LOOK BACK · DAY 1 OF 21

Be Honest — Where Are You Really?

Theme: The mid-year moment of truth

TODAY'S THOUGHT

It is July. And somewhere between January 1st and today, something happened. Maybe you started strong and slowed down. Maybe life came in and rearranged your priorities. Maybe you just quietly stopped, one day at a time, until the goal you set with so much intention in the new year became something you did not think about anymore.

I am not here to make you feel bad about that. I am here to ask you to be honest about it. Because the mid-year moment is not a failure — it is an invitation. You still have six months. You still have time. But before you can use that time well, you need to know the truth about where you actually are.

So let us start there. Not where you planned to be. Not where you wish you were. Where you actually are right now, today, in July. No filters. No excuses. No performance. Just the honest truth — because the truth is the only place real progress ever starts.

The people who make the most of the second half of the year are never the ones who beat themselves up about the first half. They are the ones who look at the first half clearly, learn what it has to teach, and decide — with full information — what they are going to do next. That is what these 21 days are for.

Say it with me... *"I am not behind — I am at the mid-year moment of truth. And the truth is exactly where I need to start."*

TODAY'S QUOTE

"The honest mid-year check-in is not a report card — it is a compass. It does not grade where you have been. It points to where you are going."

JOURNAL PROMPTS

1. Write down every goal or dream you set at the start of this year. Next to each one, write one honest word about where it stands today — not where you wish it stood. Just the truth.

2. Of the goals that stalled or stopped — when did it happen? Was there a specific moment, a specific week, a specific event? Can you name it?

3. Without judgment — just curiosity — what is the one thing you most wish you had done differently in the first six months of this year? Write it down and then let it go. It is information, not a sentence.

PHASE 1 · LOOK BACK · DAY 2 OF 21

Was That Really Your Dream?

Theme: The difference between a true dream and a good idea

TODAY'S THOUGHT

Here is a question most people never ask themselves: was that actually my dream? Not was it a good goal. Not was it reasonable or impressive or something other people thought you should do. Was it yours? Did it come from somewhere deep inside you, or did it come from somewhere else — from a trend you saw, a conversation that inspired you, a new year feeling that made everything seem possible?

There is a difference between a dream and an idea that excites you. Both can feel the same in January. The excitement of a new year, the energy of a fresh start, the dopamine of writing a goal down in a new journal — all of that feels like passion. But it is not always passion. Sometimes it is just the excitement of something different. And excitement, without the root of genuine desire underneath it, does not last through the first hard month.

A real dream pulls you even when you are tired. It is the thing you think about when you are not thinking about anything in particular. It is the idea that keeps coming back no matter how many times you set it aside. It costs you sleep. It makes you willing to look foolish. It survives the loss of the initial excitement and remains.

An exciting idea, on the other hand, peaks at the announcement. It feels great to say out loud. It generates energy for a week or two. And then the reality of the work sets in, and without passion underneath to sustain it, the goal starts to feel like a burden rather than a direction.

So which was it? Be honest. Because the answer changes everything about what you do next.

Say it with me... *"I will not confuse excitement with passion. My real dream is the one that keeps coming back — and today I start listening to it."*

TODAY'S QUOTE

"Excitement peaks at the announcement. Passion sustains you through the long middle where nobody is watching."

JOURNAL PROMPTS

1. Think about the goals you set in January. Which ones generated excitement at the announcement but lost energy quickly? What does that tell you?

2. Is there a dream you have been carrying for years — something that keeps coming back no matter how many times you set it aside? What is it, and why do you keep coming back to it?

3. What is the difference between how you feel when you think about your “exciting idea” goals versus your “true dream” goals? Describe the physical difference in your body.

PHASE 1 · LOOK BACK · DAY 3 OF 21

Whose Dream Are You Living?

Theme: The cost of building someone else's vision with your time

TODAY'S THOUGHT

This one is going to hit some of you harder than anything else in this journal. So I am going to say it directly: are you spending your time and energy building someone else's dream instead of your own?

It happens quietly. A job that pays well but consumes everything. A relationship where your goals got absorbed into theirs. A family expectation you never formally agreed to but somehow became responsible for. A culture of busyness that keeps you productive in service of other people's visions while your own sits waiting.

Nobody plans to end up here. You did not wake up one day and decide to give your best years to somebody else's dream. It happened incrementally. One obligation at a time. One "I'll get to my thing later" at a time. Until later became this year's January, and January's goals, and now July's honest reckoning.

I am not saying other people's goals do not matter. Of course they do. Supporting the people you love and the work you are committed to is not a small thing. But there is a difference between contributing to something meaningful alongside your own purpose and disappearing into someone else's agenda entirely. One fills you. The other empties you slowly until you forget what you were even chasing.

Today's question is not comfortable. But it is necessary. Because you cannot start chasing your own dream until you get honest about how much of your time and energy is going somewhere else.

Say it with me... *"My time and my energy are mine to direct. I will be intentional about whose dream I am building today."*

TODAY'S QUOTE

"You cannot pour from an empty cup — and you cannot chase your own dream if you are spending all your energy building someone else's."

JOURNAL PROMPTS

1. Where is the majority of your time and energy going right now? Be specific. Make a list if you need to. And next to each one, write whose dream or goal it is serving.

2. Is there someone in your life — a boss, a partner, a parent, a child — whose expectations or needs have quietly consumed the space where your own goals used to live? Name it honestly.

3. What would it look like to protect even two hours a week that belong entirely to your own dream? What would you have to stop doing — or stop saying yes to — to make that happen?

PHASE 1 · LOOK BACK · DAY 4 OF 21

What Did You Actually Do With Your Time?

Theme: The audit that shows you who you really are

TODAY'S THOUGHT

We all have a story about why the goals did not happen. The job got busy. The family needed more. The timing was not right. Life came in and rearranged things. And most of the time, some version of that is true. Life does come in. Things do get rearranged.

But here is the thing about a time audit: it does not care about your story. It only cares about what actually happened. And when you sit down and honestly look at where your hours went in the first six months of this year — the TV, the scroll, the conversations that went nowhere, the obligations you said yes to that you could have declined — a clearer picture emerges.

The time was there. It is almost always there. Not in big blocks, not always in the ideal conditions, but there. In the margins. In the early mornings before everyone else woke up. In the lunch breaks you spent doing things that did not matter. In the evenings you gave to entertainment instead of creation.

I am not saying this to make you feel guilty. I am saying it because the time audit is actually good news. Because if the time was there and you did not use it, that means the time is still coming. The next six months have the same hours. The question is whether you are going to use them the same way or differently.

What you do with your time is who you are. And who you are right now is not fixed. It is just a pattern. And patterns can change.

Say it with me... *"My time is my most valuable resource. Starting today, I will spend it on what actually matters to me."*

TODAY'S QUOTE

"You will always find time for what you truly value — the calendar does not lie, and neither does how you have been spending yours."

JOURNAL PROMPTS

1. Look back at the last month. Where did the majority of your discretionary time actually go — not where you planned for it to go, but where it actually went?

2. If your dream required one hour a day of focused work, where could you realistically find that hour in your current schedule? Be specific about the time and what you would give up to protect it.

3. What is the single biggest time drain in your life right now that is not contributing to anything you actually care about? What would it take to reduce or eliminate it?

PHASE 1 · LOOK BACK · DAY 5 OF 21

The Obstacles That Showed Up

Theme: What the hard things actually revealed about your dream

TODAY'S THOUGHT

Every goal runs into something. A wall. A setback. A moment where the reality of the work does not match the vision you had of it. And what you do in that moment — what you feel, how you respond, whether you push through or pull back — tells you something important about how much you actually want it.

The obstacle is not the enemy of the dream. The obstacle is the test. It is the thing that separates the people for whom this dream is genuine from the people for whom it was a good idea. Real passion does not disappear when the going gets hard. It actually intensifies. Because the obstacle makes the goal feel more urgent, not less. It makes you want to find a way through, not around.

But here is the other side of that: if the obstacle made you feel relieved — if some part of you was glad for the excuse to stop — that is information too. Not condemnation. Information. It means the dream you were chasing might not have been the right one. Or the timing was not right. Or the version of the goal you had in your head was not what the actual work required.

Think back to the obstacles that showed up in the first half of this year. Not just what they were, but how they made you feel. What did your response reveal about how much you really wanted what you said you wanted?

Because the obstacles are not done coming. The second half will have them too. And knowing which dreams are worth fighting through them for is the most valuable thing you can figure out right now.

Say it with me... *"The obstacle is not the end of the dream — it is the test of it. And I am going to find out what I am made of."*

TODAY'S QUOTE

"How you respond to the first obstacle tells you more about your commitment to the dream than how you felt on the day you set the goal."

JOURNAL PROMPTS

1. What were the specific obstacles that showed up in the first half of this year? List them. And next to each one, write honestly: did it make you want to fight harder, or did part of you feel relieved?

2. Looking at your response to those obstacles — what does it tell you about which dreams are genuinely yours versus which ones sounded good but did not have deep roots?

3. If you knew a specific obstacle was coming in the second half of this year — something predictable and hard — which of your dreams are you willing to fight through it for? That answer is where you should be putting your energy.

PHASE 1 · LOOK BACK · DAY 6 OF 21

What Quitting Actually Cost You

Theme: The real price of walking away from your own dream

TODAY'S THOUGHT

I want to talk about something people do not discuss enough: the cost of quitting. Not the dramatic, public cost. The quiet, private cost. The one that shows up at 2 AM when you are thinking about the person you were going to be by now. The one that builds up slowly, goal by goal, year by year, until you stop setting them at all because setting them and not following through hurts more than not setting them in the first place.

Every time we walk away from something we genuinely wanted, we pay a price. Not always a visible one. But a real one. A small piece of the belief that we are capable. A small erosion of the trust we have in ourselves. A quiet whisper that gets a little louder each time: maybe this is just who you are. Maybe you are the kind of person who starts things and does not finish them.

That story is not true. But it gets harder to argue with every time we give it new evidence.

Here is the other cost that is less discussed: the cost to the people who needed what only you could offer. The book that did not get written. The business that did not launch. The course that was never recorded. The idea that stayed in your head while the person who needed it went without. Your unfinished dreams have a cost beyond you.

I am not saying this to pile guilt on top of discouragement. I am saying it because understanding what quitting actually costs you might be exactly the thing that makes you decide not to do it again.

Say it with me... *"I understand what quitting costs me — and I am choosing a different ending for the second half of this year."*

TODAY'S QUOTE

"Every unfinished dream costs you a little more than the dream itself — it costs you a small piece of your belief in who you are capable of being."

JOURNAL PROMPTS

1. Be honest: has a pattern of starting and not finishing affected how you see yourself? How has it changed the way you set goals or make commitments?

2. What is the dream you have walked away from more than once that keeps coming back? What has that cost you each time you have set it aside?

3. What would it mean — not just practically but personally — to actually finish something you started this year? What would that do for how you see yourself going into next year?

PHASE 1 · LOOK BACK · DAY 7 OF 21

No Shame — Just Clarity

Theme: What you know now that you did not know in January

TODAY'S THOUGHT

Six days in. You have done something this week that most people never do: you looked back honestly, without excuses, without performance, without pretending. You named where you are. You asked the hard question about whose dream you are living. You ran the passion test early. You looked at what the obstacles revealed and what quitting cost you. That is not easy work. And it counts.

Now I want to give you something before we move into Phase 2. I want to give you permission to leave the shame right here on this page.

You did not fail. You gathered information. You learned things about yourself in the first six months of this year that you did not know in January — things about what you actually want, about where your energy actually goes, about which dreams have real roots and which ones were exciting ideas. That is not failure. That is education. And the most successful people in the world are not the ones who never stumble. They are the ones who stumble, look at what they learn from it, and use that information to move better.

Phase 2 starts tomorrow. And when you turn that page, you are not turning it in defeat. You are turning it with clarity. You know more than you knew seven days ago. You are more honest with yourself than you were. And that honesty is the most powerful tool you have going into the second half of this year.

No shame. Just clarity. And clarity is enough.

Say it with me... *"I am not carrying shame into what comes next. I am carrying clarity — and clarity is more powerful than a perfect start."*

TODAY'S QUOTE

"Clarity about where you are is the most powerful place to start — more powerful than a perfect January, more valuable than a plan that never got tested."

JOURNAL PROMPTS

1. Looking back over Days 1 through 7, what is the single most significant thing you learned about yourself or your dreams that you did not know when you started?

2. What are you releasing as you close Phase 1 — a goal that was not really yours, a shame you have been carrying, an obligation you took on that belongs to someone else?

3. What are you carrying forward from Phase 1 into Phase 2 — the clearest and most honest thing you now know about what you actually want?

WEEK 1 REFLECTION

What I Looked Back At

Days 1–7 · Phase 1 · Look Back

Seven days in and you have done something most people never do: you looked back at the first half of this year without flinching. You named where you actually are — not where you planned to be, not where you wish you were. You asked whether the goals you set were really yours, or whether they belonged to someone else, or whether they were excitement dressed up as passion. You looked at where your time actually went, what the obstacles revealed, and what quitting has cost you. That took honesty. And honesty is the only foundation that holds.

LOOKING BACK ACROSS THE WEEK

1. What is the single most surprising thing you discovered about yourself or your goals in the first seven days of this journal?

2. Which day hit closest to home, and why? What did it touch in you that the others did not?

3. Is there a goal you are letting go of after this week — something you are releasing because you can now see it was not really yours? Name it and say goodbye to it here.

4. What is the clearest thing you now know about what you actually want — the thing you are carrying forward from Phase 1 into Phase 2?

WHAT STAYED WITH ME THIS WEEK

Write the one sentence, insight, or moment from Days 1–7 that you do not want to forget.

The one thing from this week I do not want to forget:

MY WEEK-CLOSING COMMITMENT

Write your commitment for what comes next — specific, honest, yours.

You did the hard part. Honesty is harder than hustle. What comes next is not about more effort — it is about better direction. Phase 2 is where you find it. Turn the page with clear eyes.

Coming next: Phase 2 · LOOK WITHIN — Passion as the test. Finding your real dream. →

PHASE 2 · LOOK WITHIN · DAY 8 OF 21

The Passion Test

Theme: If it does not drive you through the hard days, it is not your dream

TODAY'S THOUGHT

Here is something I thought about at the lake not long ago, and I have not been able to shake it since: if you lack passion for what you want to do, it is not yours to do.

Not because passion makes everything easy. It does not. Passionate people have hard days too. Passionate people get tired, get discouraged, hit walls, want to quit. The difference is that passion keeps you going anyway. It is the thing that gets you back up after the going gets rough. And if that thing is not there — if the goal does not pull you forward when everything in you wants to stop — then you have to ask yourself a serious question: is this actually my dream?

Passion is the diagnostic. It is how you tell the difference between a real dream and a good idea. Between something that is genuinely yours and something you thought sounded impressive in January. Between the life you actually want and the life you thought you should want.

Think about the goals you set at the start of this year. Now think about which ones made you feel something when you thought about them — not just excitement, but a pull. A fire. An “I have to do this” feeling that does not go away even when the work is hard. And think about which ones felt more like items on a list.

That difference is the passion test. And it will tell you more about what to pursue in the second half of this year than any planner or productivity system ever could.

Say it with me... *“I will only chase what I am passionate about — because passion is what keeps me going when the going gets hard.”*

TODAY'S QUOTE

“Passion is not the feeling you have on a good day. It is the thing that keeps you showing up on the hard ones — and if it is not there, the dream is not yours.”

JOURNAL PROMPTS

1. Apply the passion test to every goal on your list. Which ones pull you forward even when they are hard? Which ones feel more like obligation or performance? Write your honest assessment next to each one.

2. Think about a time in your life when you were genuinely passionate about something — when you did not need external motivation to keep going. What was it, and what did that feel like? How is that different from how you feel about your current goals?

3. If no one was watching — no one to impress, no one to report to, no social media to post about it — which of your goals would you still pursue? That answer is where your real passion lives. Write it down without apologizing for it.

PHASE 2 · LOOK WITHIN · DAY 9 OF 21

What Lights You Up — And What Drains You

Theme: Learning to read your own energy as a compass

TODAY'S THOUGHT

Your energy does not lie. Even when your mind is confused about what you want, your energy always knows. Pay attention to the things that make time disappear — where you look up and two hours have passed and it did not feel like work. Pay attention to the things that make you feel drained before you even start — where the resistance shows up not as laziness but as a deep internal “no.”

Passion lives in the first category. It is not always glamorous. It is not always easy. But it has a particular quality of aliveness to it — a sense that you are doing exactly what you are supposed to be doing, even when it is difficult. Athletes talk about being in the zone. Artists talk about the work flowing. Entrepreneurs talk about being so consumed by building something that they forget to eat. That is passion at work.

The second category — the things that drain you — is not always a sign that something is wrong. Difficult work is not the same as draining work. But if something consistently depletes you before you even begin, if the thought of working on it fills you with a heaviness that has nothing to do with difficulty — that is a signal worth heeding.

One of the most useful exercises you can do right now is to map your energy honestly. Not what should energize you. Not what other people would expect to energize you. What actually does. Because your energy is trying to tell you something about where your passion lives and where it does not.

Follow the energy. It is one of the most reliable guides to your real dream that exists.

Say it with me... *“I will follow my energy as a compass. It knows where my passion lives even when my mind is confused.”*

TODAY'S QUOTE

“Time flies when you are doing what you love — and drags when you are not. Pay attention to the difference. It is telling you something important.”

JOURNAL PROMPTS

1. List three activities or areas of work that make time disappear for you — where you look up and hours have passed. What do these have in common?

2. List three activities that consistently drain you before you even begin. Are any of these connected to goals you set in January? What does that tell you?

3. If your energy is your compass, what direction is it pointing right now? What does it want you to spend more time on in the second half of this year?

PHASE 2 · LOOK WITHIN · DAY 10 OF 21

The Dream Underneath the Noise

Theme: Finding what was always there beneath everything else

TODAY'S THOUGHT

There is a dream underneath all the noise. Underneath the goals you set because they seemed practical. Underneath the versions of yourself you performed for other people. Underneath the “I should want this” and the “this makes sense for where I am in life.” There is something that was always there — something you have known about yourself since before the world started telling you who to be.

Most people spend the majority of their lives not going after that thing. Not because they do not want it. But because it feels too big, or too impractical, or too exposed. Because going after the real dream means showing people who you really are. And what if they do not think it is good enough? What if you try and it does not work? What if the dream does not turn out to be everything you hoped it would be?

Here is what I have learned: the risk of going after the real dream is always smaller than the cost of not going after it. The cost of the unlived dream is paid slowly, quietly, in the currency of regret. And by the time most people feel it clearly, they have spent years — sometimes decades — making payments they did not realize they were making.

You are at the mid-year moment. The year is still going. And I want to ask you — directly, without softening it — what is the dream underneath the noise? The one you have not fully admitted to yourself. The one you keep circling back to. The one that scares you a little because it matters too much.

That is the one. Write it down.

Say it with me... *“I know what the real dream is. It has always been there. And today I stop pretending I do not know.”*

TODAY'S QUOTE

“The dream you are afraid to admit is usually the one that matters most — and the one most worth chasing.”

JOURNAL PROMPTS

1. What is the dream underneath the noise — the thing you have wanted for a long time but have not fully admitted to yourself or pursued seriously? Write it here without editing or qualifying it.

2. What has stopped you from going after it? Be specific. Is it fear of failure? Fear of what others will think? Uncertainty about how to start? Name the real obstacle.

3. What would your life look like in five years if you started going after this dream today? And what would it look like in five years if you did not? Write both pictures honestly.

PHASE 2 · LOOK WITHIN · DAY 11 OF 21

Fear Dressed Up as Practicality

Theme: Recognizing the disguise that keeps you playing small

TODAY'S THOUGHT

Fear is a master of disguise. It almost never shows up and says "I am afraid." Instead it says: be realistic. It says: the timing is not right. It says: I have responsibilities, I have obligations, I need to be practical. And all of those things can be true — timing does matter, responsibilities are real — but they can also be the costume that fear wears when it does not want to be recognized.

Here is how you tell the difference. Legitimate practical concerns are solvable. They can be addressed with planning, resources, timing, and patience. Fear dressed as practicality is not solvable — because every time you solve one practical concern, it generates another one. The goal posts keep moving. And no amount of preparation or planning ever feels like enough, because the real issue was never the practical concern in the first place.

I am not telling you to be reckless. Wisdom is not the same as fear, and there is a real difference between a dream that needs more preparation and a dream that is being perpetually postponed by a fear that will not announce itself.

The question to ask is: if I knew I could not fail, would I still be worried about this practical concern? If the answer is no — if the concern evaporates in the absence of risk — then it is probably fear. If the answer is yes — if the concern is real regardless of the outcome — then it is probably legitimate.

Name what is really in the room. Because you cannot address fear by solving for practicality. You can only address it by naming it.

Say it with me... *"I will not let fear dress itself up as practicality and keep me from what I am meant to do. I see it for what it is."*

TODAY'S QUOTE

"Fear dressed as practicality is one of the most effective dream-killers in existence — because it sounds so responsible."

JOURNAL PROMPTS

1. What "practical concerns" have you used to delay going after your dream? List them. Now apply the test: would these concerns disappear if failure were not possible? What does that tell you?

2. Is there a specific fear underneath the practical concerns that you have never fully named or admitted? What is it, really?

3. What is the smallest, least risky step you could take toward your real dream in the next seven days — one that would prove to yourself that the practical concerns are not as insurmountable as they feel?

PHASE 2 · LOOK WITHIN · DAY 12 OF 21

What You Are Willing to Sacrifice

Theme: What your sacrifices reveal about your real priorities

TODAY'S THOUGHT

You can tell everything about what someone truly values by what they are willing to give up for it. Not what they say they value. What they actually sacrifice. Because sacrifice requires you to choose between two things you want — and the one you give up tells you where the other one really ranks.

Every dream requires sacrifice. Not punishment, not suffering for its own sake, but genuine trade-offs. Time you could have spent on leisure. Money you could have spent on comfort. Energy you could have given to something easier. The version of yourself who goes to bed at a reasonable hour, who always says yes to social invitations, who never has to disappoint anyone.

Here is the thing about people who actually achieve their dreams: they do not sacrifice reluctantly. They sacrifice willingly. Because the thing they are building matters more to them than what they are giving up. The sacrifice does not feel like loss — it feels like investment. And that willingness — that eagerness to trade the lesser thing for the greater one — is another sign that the dream is genuine.

If you look at your goals and the sacrifices they would require, and you feel resentment at the thought of making them — that is worth examining. Not because resentment means the dream is wrong, but because it might mean the dream needs to be reframed. Or it might confirm what the passion test already told you: this one is not really yours.

What are you willing to sacrifice for the second half of this year? The answer to that question will reveal more than any goal-setting exercise ever could.

Say it with me... *"I know what I am willing to sacrifice for my dream — and I make that sacrifice willingly, because what I am building is worth it."*

TODAY'S QUOTE

"The things you are willing to give up for your dream are the truest measure of how much it matters to you."

JOURNAL PROMPTS

1. What sacrifices does your real dream require? List them specifically — time, money, energy, comfort, relationships, security. Do any of them feel like genuine deal-breakers?

2. When you think about making those sacrifices, do you feel resentment or willingness? What does your honest response tell you about this dream?

3. What is one concrete sacrifice you are willing to make this week in service of your real dream? Name it, schedule it, and write down what you are trading it for.

PHASE 2 · LOOK WITHIN · DAY 13 OF 21

The People in Your Corner

Theme: Who builds you up — and who quietly talks you out of it

TODAY'S THOUGHT

The people around you have more influence over your dreams than most people are willing to admit. Not because you are weak or easily swayed, but because we are all shaped by our environment. And an environment full of people who discourage, minimize, or quietly undermine your dreams is one of the most powerful forces against them.

This is not about blaming the people in your life. Most of the people who discourage your dreams are not doing it maliciously. They are doing it out of their own fear — their own history of giving up, their own unexamined beliefs about what is possible, their own discomfort with watching someone else reach for something they have told themselves they cannot have. Their doubt is not about you. It is about them.

But that does not make it harmless. And part of going after your dream in the second half of this year is being intentional about whose voice you let in. Not building walls or cutting people off unnecessarily, but being discerning about which conversations you have about your goals and with whom.

You need at least one person in your life who believes in what you are building. One person who asks “how is it going” and means it. One person who celebrates the small wins and keeps you accountable for the commitments you make. If you do not have that person, finding them — or becoming one for someone else — should be part of your second-half plan.

Dream-chasing is not a solo sport. Know who is in your corner.

Say it with me... *“I am intentional about whose voice I let into my dream. I will surround myself with people who build me up, not talk me out of it.”*

TODAY'S QUOTE

“The voice you hear most often becomes the voice you believe — make sure the loudest voices in your life are the ones telling you the truth about what you are capable of.”

JOURNAL PROMPTS

1. Who are the people in your life who consistently encourage and build you up when it comes to your goals and dreams? How often do you actively spend time with them?

2. Who are the people who — intentionally or not — consistently minimize, discourage, or talk you out of your dreams? How much influence do you allow their voices to have over your decisions?

3. Who is the one person you would most want to share your real dream with right now — someone who would receive it well and hold you accountable? What is stopping you from having that conversation?

PHASE 2 · LOOK WITHIN · DAY 14 OF 21

Naming Your Real Dream

Theme: Out loud, on paper, without apology

TODAY'S THOUGHT

We have spent seven days looking within. We applied the passion test. We followed the energy. We dug through the noise to find the dream underneath it. We named the fear that was dressed as practicality. We looked at what we are truly willing to sacrifice and who is really in our corner.

Today is the day to name it. Not qualified, not hedged, not followed by a list of reasons it might not work. Just the dream itself. Stated plainly, honestly, without apology.

There is something that happens when you write a dream down with full commitment — when you name it not as a wish or a someday or a maybe but as a genuine direction. It becomes real in a different way. It stops living only in the abstract space of “things I would like” and starts occupying the concrete space of “things I am going after.” That shift matters more than most people realize.

I am going to ask you to do something today that might feel uncomfortable. I am going to ask you to write your real dream in present tense, as if it is already in motion. Not “I want to” and not “I hope to.” “I am.” Because you are. Starting right now, today, in the second half of this year — you are a person who is going after this.

Write it down. Say it out loud. And then turn the page into Phase 3, where we figure out how to make it real.

Say it with me... *“This is my dream. I am naming it, claiming it, and going after it — out loud, on paper, without apology.”*

TODAY'S QUOTE

“A dream written down with full commitment stops being a wish and starts being a direction — and direction is what the second half of this year needs.”

JOURNAL PROMPTS

1. Write your real dream here in present tense, as if it is already in motion. “I am...” Start there and do not stop until you have named it fully.

2. What does achieving this dream look like by December 31 of this year? Be as specific as possible — what will you have done, created, built, or become?

3. Say your dream out loud right now. How does it feel to hear yourself say it? Write down what came up — the excitement, the fear, the relief, all of it.

WEEK 2 REFLECTION

What I Found Within

Days 8–14 · Phase 2 · Look Within

Two weeks in. This week you went looking for the thing underneath everything else — the real dream, the genuine passion, the direction that is actually yours. You applied the passion test. You followed your energy as a compass. You named the fear that was dressed as practicality and looked honestly at what you are willing to sacrifice. You thought about who is in your corner and who is not. And on Day 14, you named your real dream — out loud, on paper, without apology. That naming matters more than you know.

LOOKING BACK ACROSS THE WEEK

1. What did the passion test reveal? Which of your goals passed it and which did not? What did you do with that information?

2. What is the dream underneath the noise — the one that was always there — and how does it feel now that you have named it? What came up when you wrote it down?

3. What fear did you name this week that you had previously been calling something more practical or reasonable? How does naming it change what you can do with it?

4. Who is in your corner for the second half of this year, and what does that accountability relationship look like specifically?

WHAT STAYED WITH ME THIS WEEK

Write the one sentence, insight, or moment from Days 8–14 that you want to carry into Phase 3.

The one thing from this week I do not want to forget:

MY WEEK-CLOSING COMMITMENT

Write your commitment for what comes next — specific, honest, yours.

You found the direction. Phase 3 is where you start moving. Everything you uncovered this week becomes the fuel. Turn the page ready to build.

Coming next: Phase 3 · LOOK FORWARD — Momentum, habit, identity, and finishing strong. →

PHASE 3 · LOOK FORWARD · DAY 15 OF 21

The Year Is Not Over

Theme: Six months is enough time to change everything

TODAY'S THOUGHT

I want to tell you something that might be exactly what you need to hear right now: the year is not over. Not even close.

Six months. That is what you have left. And I know what some of you are thinking — six months is not enough time to do what I set out to do in January. But I want you to think about what can actually happen in six months. A business can launch. A book can be written. A habit can be built so deeply it becomes identity. A relationship can be transformed. A body can be rebuilt. A dream that felt impossible in January can be well underway by December 31.

The people who finish strong are not the ones who had more time. They are the ones who decided — at some point in the middle of the year, maybe right around now — that the time they had left was enough. That they were not going to write off the rest of the year just because the first half did not go as planned. That they were going to use what was in front of them instead of mourning what was behind them.

You did the work in Phases 1 and 2. You looked back honestly. You applied the passion test. You found what genuinely drives you and named your real dream. Now comes the part that separates the people who finish from the people who almost did: you decide. Today. That you are still in it. That the year is not over.

Six months in your hands, chasing what you are genuinely passionate about, with everything you now know about yourself — that is more than enough. And the second half starts today.

Say it with me... *"The year is not over. Six months is enough. I am still in it — and I am just getting started."*

TODAY'S QUOTE

"The second half of the year belongs to the people who refuse to give up on themselves at halftime."

JOURNAL PROMPTS

1. If you committed fully to your real dream for the next six months — no holding back, no waiting for the right time — what is the most realistic outcome by December 31? Write it in present tense, as if it has already happened.

2. What is the single most important thing you could do this week to begin? Not the whole plan — just the first real step. Name it, and write down the exact day and time you will do it.

3. Write a letter to yourself to open on December 31. Tell yourself what you committed to today, what you refused to give up on, and what finishing strong in this second half meant to you.

PHASE 3 · LOOK FORWARD · DAY 16 OF 21

Start Smaller Than You Think

Theme: Momentum is the most underrated force in dream-chasing

TODAY'S THOUGHT

One of the most common mistakes people make when they recommit to a dream is going too big too fast. They feel the fire of a fresh start and they want to make up for lost time. So they set an ambitious plan, commit to doing everything at once, and within two weeks they are overwhelmed and back where they started.

Here is what actually builds momentum: starting smaller than you think you need to. Not smaller than the dream — the dream can be as big as it needs to be. But smaller in the daily action. The chapter instead of the book. The prototype instead of the product. The first conversation instead of the whole campaign.

Momentum is built from consistent small actions, not occasional heroic efforts. One hour a day, five days a week, for the next six months is 120 hours of work on your dream. That is real. That is enough to change things. And it is sustainable in a way that a week of all-nighters followed by burnout is not.

The goal for today is not to figure out everything. The goal is to identify the smallest possible version of your first step — the one so small it feels almost too easy — and do it. Today. Before you go to bed. Not because a small action will get you there overnight, but because a small action done consistently compounds into something remarkable.

Start small. Stay consistent. Watch what builds.

Say it with me... *"I do not need a perfect plan. I need one small step, done consistently, starting today."*

TODAY'S QUOTE

"Momentum does not come from one big push — it comes from one small consistent action, done daily, until it becomes who you are."

JOURNAL PROMPTS

1. What is the smallest possible version of the first step toward your dream — something so achievable it would be embarrassing not to do it? Write it down and commit to doing it today.

2. What does a realistic daily or weekly practice look like for your dream in the next six months? Be specific about time, frequency, and what exactly you will do.

3. What is the biggest trap you have fallen into before when recommitting to a goal — going too big, losing consistency, giving up after the first obstacle? How will you protect against it this time?

PHASE 3 · LOOK FORWARD · DAY 17 OF 21

Building the Habit Before the Result

Theme: The process is the path

TODAY'S THOUGHT

Most people are in love with the result. The finished book, the launched business, the transformed body, the achieved goal. And that love for the result is useful — it provides direction and motivation. But it is not enough to carry you through the long middle where the result is not yet visible and the work has to happen anyway.

What carries you through the middle is the habit. The daily practice that becomes so automatic it does not require motivation anymore. The thing you do not because you feel inspired but because it is simply what you do on Tuesday morning, or Saturday before everyone else wakes up, or whatever window of time you have claimed for your dream.

Habits work because they remove the daily decision. If you have to decide every morning whether to work on your dream, you will lose that battle on most of the hard days. But if working on your dream is simply what happens at 6 AM on weekdays, the way brushing your teeth happens without deciding whether you feel like it — that is when the dream starts to move.

The result will come from the habit. The habit will not come from wanting the result. It will come from designing your environment, your schedule, and your identity around the practice itself. From deciding that you are a person who does this thing — not someone who is trying to do this thing.

Build the habit. The result is where the habit leads.

Say it with me... *"I am building the habit, not just chasing the result. The practice is the path, and I show up for it every day."*

TODAY'S QUOTE

"The result comes from the habit — and the habit comes from deciding you are the kind of person who does this, not just someone who wants to."

JOURNAL PROMPTS

1. What is the daily or weekly habit that, if practiced consistently for the next six months, would get you where you want to go? Describe it in specific, concrete terms.

2. What in your current schedule, environment, or routine makes it difficult to maintain this habit? What would need to change to make the habit easier to sustain?

3. Write an identity statement: "I am the kind of person who..." Finish it with the habit you are building. Read it every morning this week.

PHASE 3 · LOOK FORWARD · DAY 18 OF 21

Who You Need to Become

Theme: The dream requires a version of you that does not exist yet

TODAY'S THOUGHT

Here is something that most goal-setting advice skips over: achieving your dream will require you to become someone you are not yet. Not a completely different person — but a more disciplined version, a more courageous version, a more consistent version, a version that has solved problems you have not solved yet and developed skills you do not currently have.

This is not a criticism. It is just the nature of growth. The dream is always ahead of the current version of you. That is what makes it a dream and not a done thing. And the gap between who you are now and who you need to become is not an obstacle — it is the path.

The question is: who do you need to become to get where you are going? What qualities, habits, and skills does the version of you who has achieved this dream possess that you do not fully possess yet? What beliefs does that person hold about themselves and what is possible for them?

Because you do not achieve a dream and then become a different person. You become a different person and the dream follows. The transformation is the point. The goal is the byproduct of becoming someone who could achieve it.

Who do you need to become? Start becoming that person today. Not when you feel ready. Not when the conditions are right. Today. Because the becoming is the work, and the work starts now.

Say it with me... *"I am becoming the person my dream requires. Not someday — right now, today, in this decision."*

TODAY'S QUOTE

"You do not achieve the dream and then change — you change, and the dream follows. The becoming is the real work."

JOURNAL PROMPTS

1. Who is the version of you that has achieved this dream? Describe them specifically — their habits, their mindset, their daily practice, how they handle obstacles. What is different about them?

2. What is the gap between who you are now and who you need to become? Be specific and honest — not harsh, just clear.

3. What is one quality, habit, or belief of the "future you" that you can begin developing starting today? Name it and describe what developing it looks like in practical terms this week.

PHASE 3 · LOOK FORWARD · DAY 19 OF 21

Accountability — The Missing Ingredient

Theme: Why most dreams die alone and what to do about it

TODAY'S THOUGHT

Most dreams die in private. Not because they were bad dreams or because the dreamer was not capable. But because without accountability, the cost of not following through is low. Nobody knows. Nobody asks. Nobody notices when you skip the work, change the plan, or quietly let the goal fade into the background of a busy life.

Accountability changes the cost calculation. When someone who cares about you knows what you committed to and expects to hear how it went, the cost of not following through goes up. Not in a punishing way — but in a way that makes the work feel more real, more witnessed, more worth doing.

But accountability only works when it is specific, consistent, and mutual. A vague “yeah, let me know how it goes” from a friend does not move the needle. A weekly check-in with someone who asks the specific question — did you do what you said you were going to do — does.

The best accountability relationships are ones where both people are accountable to each other. Where both people have something at stake. Where the relationship is built not just on encouragement but on honest conversation about whether the work is happening.

If you do not have that yet, building it should be one of your first actions in the second half of this year. Because the dream you keep to yourself is the dream most likely to stay a dream.

Say it with me... *“I will not chase my dream alone. I am building accountability into this journey — because a witnessed commitment is a stronger one.”*

TODAY'S QUOTE

“The dream you share with the right person doubles in power — because now someone else knows, and knowing you will have to report back is one of the most effective motivators that exists.”

JOURNAL PROMPTS

1. Who in your life could serve as a genuine accountability partner for your dream — someone specific, consistent, and honest? If no one comes to mind immediately, where might you find that person?
2. What would a good accountability structure look like for you specifically? How often would you check in, what would you report on, and what would you do if you missed a commitment?
3. What is the commitment you are making right now — specific and time-bound — that you will share with your accountability partner this week? Write it here and then go share it.

PHASE 3 · LOOK FORWARD · DAY 20 OF 21

What Finishing Looks Like

Theme: Defining your version of success before December 31

TODAY'S THOUGHT

Before you can finish strong, you need to know what finishing looks like. Not a vague sense of having made progress. Not a feeling of having tried. A specific, concrete picture of what you will have done, created, built, or become by December 31 that tells you — clearly and without ambiguity — that you followed through.

This matters more than most people realize, because without a clear definition of success, you can always find a reason to move the goal post. Progress can always feel like not enough. And the lack of a clear finish line is one of the most reliable ways to talk yourself out of believing you succeeded even when you did.

Your definition of success does not have to match anyone else's. It does not have to be the most ambitious version of the goal. It just has to be honest, specific, and achievable within the time you have. It is not a ceiling — it is a floor. Something you can stand on and say: I did what I said I was going to do.

Define it clearly. Write it down in specific terms. And then work backward from December 31 to today, identifying the milestones between here and there that tell you whether you are on track.

Know what you are running toward. Because you cannot finish a race you have not defined the finish line for.

Say it with me... *"I know what finishing looks like for me. I have defined my success, and I am running toward it with everything I have."*

TODAY'S QUOTE

"You cannot finish a race you have not defined the finish line for — so define it today, specifically and honestly, and then run toward it."

JOURNAL PROMPTS

1. Write your specific, concrete definition of success for this dream by December 31. Not "make progress" — exactly what will you have done, created, launched, or achieved?

2. Working backward from December 31, what are the three or four key milestones between today and the finish line? What needs to happen, and by when?

3. What would it mean to you personally — beyond the practical achievement — to finish this year having done what you said you were going to do? Describe what that feels like.

PHASE 3 · LOOK FORWARD · DAY 21 OF 21

Still Chasing — A Declaration for the Second Half

Theme: You made it. Now go finish what you started.

TODAY'S THOUGHT

Twenty-one days. Look at what you did.

You looked back honestly without hiding behind excuses. You asked the hard question about whose dream you are really living. You applied the passion test and named the dream underneath the noise. You identified what you are willing to sacrifice, who is in your corner, and who you need to become. You defined what finishing looks like and built a plan to get there.

That is not a small thing. Most people never do any of that. They set goals in January and when the goals fade, they just wait for the next January. You did something different. You stopped in the middle of the year, told yourself the truth, found your real direction, and decided to use what time is left.

That is who you are now. Not who you were trying to become. Who you are, right now, today — someone who does not give up on themselves at halftime. Someone who is still chasing. Someone who knows the year is not over and is going to prove it.

The second half belongs to you. Not because conditions are perfect. Not because everything is lined up and the timing is ideal. Because you decided. And a decision made with full information, rooted in genuine passion, backed by a plan and an accountability partner — that is not a wish. That is a direction.

Go finish what you started. The dream is still there. It was waiting for you to come back to it. And now you have.

Say it with me... *"I am still chasing. The year is not over. And I am going to finish it in a way that I am proud of."*

TODAY'S QUOTE

"Still chasing means still believing — in the dream, in the time that is left, and in the version of yourself that is capable of seeing it through."

JOURNAL PROMPTS

1. Looking back across all 21 days and all three phases — what is the single most significant shift in how you see yourself, your dream, or your capacity to finish strong?

2. What are the three most important things you are committing to in the second half of this year? Write them as specific, time-bound commitments — not intentions but promises to yourself.

3. Write your declaration for the second half of this year. Start with "I am still chasing..." and finish it however it needs to be finished. Make it true. Make it yours.

WEEK 3 REFLECTION

Still Chasing — And Who I Am Now

Days 15–21 · Phase 3 · Look Forward · Full Journey Reflection

Twenty-one days. Three phases. Three weeks of honest, sometimes uncomfortable, always necessary conversation between you and the dream you are still chasing. You started this journal knowing something was unfinished. You end it knowing what that thing is, why it matters, and how you are going to go after it in the six months that remain. That arc — from the vague mid-year guilt of January goals faded to the specific, committed, passionate pursuit of the second half — is not small. That is a real shift. And you made it happen by showing up every day and telling the truth.

LOOKING BACK ACROSS THE WEEK

1. Looking back across all 21 days and all three phases — what is the single most significant thing that changed in how you see yourself, your dream, or your capacity to finish strong?

2. What is the dream you are carrying out of this journal and into the second half of the year? State it clearly and specifically — not as a wish, but as a direction you are already moving in.

3. What is the most important lesson about yourself that this journal taught you — something you will carry not just into the next six months, but into every goal you set from here on?

4. If you were sitting across from someone who was about to open this journal for the first time — someone carrying the same mid-year discouragement you were carrying on Day 1 — what is the one thing you would want them to know?

WHAT STAYED WITH ME THIS WEEK

Write the one sentence, insight, or moment from the entire 21-day journey that you never want to forget.

The one thing from this week I do not want to forget:

MY WEEK-CLOSING COMMITMENT

Write your commitment for what comes next — specific, honest, yours.

The year is not over. And you are not the same person who opened this journal. You know what you are chasing, why it matters, and what you are willing to do for it. That is everything. Go finish strong.

A Final Word

Twenty-one days. You did it.

You did something that takes real courage: you stopped in the middle of the year and told yourself the truth. Not the comfortable version of the truth. The whole truth. About where your goals actually stand, about whose dream you have been living, about what passion really feels like versus what excitement looks like in disguise, about what you are willing to sacrifice and who you are becoming in service of the dream that is genuinely yours.

That is not a small thing. Most people never do it. They carry the weight of unfinished goals quietly, year after year, telling themselves they will get to it eventually — and eventually never comes. You chose a different path. You looked at the middle of the year and decided it was not too late. And you were right.

Six months is enough. Your passion is real. The dream is worth chasing. And you are more ready than you were 21 days ago — not because the conditions changed, but because you did.

If this journal has helped you, share it with someone else who needs to hear that the year is not over. Share it with the person you know who set goals in January and has gone quiet about them. Share it with the person sitting in the mid-year guilt who just needs someone to say: you still have time. Go.

And then go yourself. Because the dream is waiting. And you are still chasing it.

Still Pursuing My Dreams — always,

Paul Eugene

My Soul Speaks Podcast · Faith-Based Fitness Ministry · YouTube · pauleugenefitness.com

👉 **Still chasing? Drop a comment at paul@pauleugenefitness.com and tell me what your dream is. I read every one.**