

A man with a grey beard and a red and black plaid jacket stands in front of a green off-road vehicle. The vehicle has a roof rack with four round lights and a front bumper with two round lights. A tan-colored dog is walking in the foreground on a snowy surface. The background shows a snowy landscape with trees.

# WRITE THE LIFE YOU WANT

A Guided Journal by Paul Potratz

# WRITE THE LIFE YOU WANT

## A Letter from Paul

There's something sacred about quiet mornings, a blank page, and the weight of a well-made pen in hand.

Each Sunday, I find myself drawn to this ritual—not to record the past, but to begin writing what's next. I don't write to impress. I write to uncover. To remember what matters. To let my thoughts settle and make space for something new.

This journal isn't a guide to productivity. It's not a blueprint for success. It's a quiet place. A trailhead.

A moment to breathe and listen before you choose the next turn.

So pour a cup of coffee. Uncap your favorite pen. And begin—slowly, honestly.

Write the life you want.

—Paul Potratz

WRITE THE LIFE YOU WANT

*What does a peaceful day feel like for you?*

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*Where do your thoughts go when no one's watching?*

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*What have you been avoiding that quietly deserves your attention?*

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*Describe a place where you feel most like yourself. Why?*

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*What would your life look like if it moved at the right  
pace—not fast, not slow—just right?*

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*What parts of your life are calling for less noise,  
and more intention?*



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*If you removed all expectations, what would you do next?*

*What small moment recently made you feel grateful?*

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*Describe your ideal Sunday.  
What's missing from your current one?*

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*What do you want to remember one year from today?*

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"We don't find time.  
We make it—through the choices we write into our lives."

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*"Legacy isn't loud. It's in the way we show up,  
day after day, with quiet purpose."*

# WRITE THE LIFE YOU WANT

*"Happiness isn't something you find.  
It's something you notice."*

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## *The Road Ahead*

This space is for your quiet commitment—one action, thought, or intention for the week ahead.

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## *This week, I will...*

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## *Because I want to feel...*

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## *My Favorite Tools*

Here are a few of the tools I return to again and again. The ones that feel right in hand and right in spirit:

Three Fountain Pen Options:

[Rare and Collectible](#)

[Must Have Every Day Carry](#)

[Elegant and Slimmer](#)

Ink: [Love the Vibrance of this Color Ink](#)

Journal: [Nice Paper Thickness for Fountain Pens](#)

WRITE THE LIFE YOU WANT

Printed simply so you can focus on what  
matters most: your thoughts.

Paul Potratz