



THE JOURNAL OF THE LIFE YOU ARE ALREADY CREATING

— PART 5 —

NAOMI SHERMAN

Naomi Sherman

**The Journal of the Life You
Are Already Creating. Part 5**

«АВТОР»

2026

Sherman N.

The Journal of the Life You Are Already Creating. Part 5 /
N. Sherman — «АВТОР», 2026

What if the life you dream of is already beginning—right here, right now? We so often postpone happiness until we have more money, meet the right person, overcome our fears, or finally reach the perfect moment. We wait for permission to live, forgetting that every single day is already becoming part of our story. This book is an invitation to stop watching your life from the sidelines and start creating it with intention. Through reflection, practical exercises, and an honest dialogue with yourself, you can begin to see your desires, habits, inner limitations, and everyday choices in a new light. You don't have to change everything in a single day. Sometimes, one brave decision, one fresh perspective, or one small step is enough to set your life on a different path. Stop waiting for everything to be perfect. Your life doesn't begin when your doubts disappear. It is happening today. Open your journal. Listen to yourself. Create a life you truly want to live.

© Sherman N., 2026

© АВТОР, 2026

Содержание

Instead of a Preface: Not a New Life, but a More Attentive View	6
Chapter 1. Someone Else's Dream as a Mirror	7
Chapter 2. A Day in Someone Else's Life	8
Chapter 3. How an Answer Changes When the Conversation Continues	9
Chapter 4. Changes That Don't Look Like a Success Story	10
Chapter 5. Your Ordinary Life Through Someone Else's Eyes	11
Chapter 6. The Success Someone Already Sees in You	12
Chapter 7. The Habit of Noticing	13
Chapter 8. Dreams with Clear Outlines	14
Chapter 9. Habits Without the Cult of Perfection	15
Chapter 10. A Mistake Is an Entry, Not a Verdict	16
Chapter 11. What You Can Already Do, Even If You Don't Call It Success	17
Chapter 12. You May Be Someone's Dream Without Knowing It	18
Chapter 1. Someone Else's Dream as a Mirror	19
Chapter 2. A Day in Someone Else's Life	20
Chapter 3. How an Answer Changes When the Conversation Continues	21
Chapter 4. Changes That Don't Look Like a Success Story	22
Конец ознакомительного фрагмента.	23

Naomi Sherman

The Journal of the Life You Are Already Creating. Part 5

The fifth and final part of the series about dreams, change, and returning to yourself

NAOMI SHERMAN

PART FIVE

Contents

Instead of a Preface: Not a New Life, but a More Attentive View

Chapter 1. Someone Else's Dream as a Mirror

Chapter 2. A Day in Someone Else's Life

Chapter 3. How an Answer Changes When the Conversation Continues

Chapter 4. Changes That Don't Look Like a Success Story

Chapter 5. Your Ordinary Life Through Someone Else's Eyes

Chapter 6. The Success Someone Already Sees in You

Chapter 7. The Habit of Noticing

Chapter 8. Dreams with Clear Outlines

Chapter 9. Habits Without the Cult of Perfection

Chapter 10. A Mistake Is an Entry, Not a Verdict

Chapter 11. What You Can Already Do, Even If You Don't Call It Success

Chapter 12. You May Be Someone's Dream Without Knowing It

Conclusion: Not a Promise, but a Way to Return Instead of a Preface: Not a New Life, but a More Attentive View

This section explores the same question in practical terms: notice the circumstances, separate facts from assumptions, identify what matters to you, and choose a realistic next step. Record what you observe without judging your worth by the outcome. Return to the question later and adjust your approach as your understanding changes.

But what if you do not need to wait for a new version of yourself? What if a useful habit begins not with forcing yourself, but with noticing what is already working and honestly seeing what needs to change?

This section explores the same question in practical terms: notice the circumstances, separate facts from assumptions, identify what matters to you, and choose a realistic next step. Record what you observe without judging your worth by the outcome. Return to the question later and adjust your approach as your understanding changes.

I used to dream, too. And I still do. The difference is not that I now have all the answers. It is that my dreams are gradually taking on clearer outlines. I am learning to turn them from imagination into action without giving up responsibility for today. I no longer want to use the future as an excuse not to take part in the present.

This book does not promise you a life without difficulties. It offers something more practical: learning to notice the moment when the past has become experience, but the future has not yet become an obligation. This is where you can choose your next step. Do not rush to prove that you are doing everything right. First, look at where you are.

Chapter 1. Someone Else's Dream as a Mirror

Once, I asked people a question that sounded almost like a game: if you could become, for one day, someone whose life seems like a model of success to you, whom would you choose, and what would you want to feel? The question was not about how people wanted to look. I wanted to understand what they saw behind someone else's image.

This section explores the same question in practical terms: notice the circumstances, separate facts from assumptions, identify what matters to you, and choose a realistic next step. Record what you observe without judging your worth by the outcome. Return to the question later and adjust your approach as your understanding changes.

Imagine naming someone whose life inspires you. Do not compare incomes, appearance, status, or the number of achievements. Ask yourself: What feeling do I associate with this person? Which of their actions earns my respect? Can I try that action on my own scale?

Journal Practice:

Whose way of life do I consider successful? _____

What, specifically, would I want to feel in their place? _____

What quality lies behind that feeling? _____

What small part of this experience could I try this week? _____

This section explores the same question in practical terms: notice the circumstances, separate facts from assumptions, identify what matters to you, and choose a realistic next step. Record what you observe without judging your worth by the outcome. Return to the question later and adjust your approach as your understanding changes.

Chapter 2. A Day in Someone Else's Life

This section explores the same question in practical terms: notice the circumstances, separate facts from assumptions, identify what matters to you, and choose a realistic next step. Record what you observe without judging your worth by the outcome. Return to the question later and adjust your approach as your understanding changes.

This section explores the same question in practical terms: notice the circumstances, separate facts from assumptions, identify what matters to you, and choose a realistic next step. Record what you observe without judging your worth by the outcome. Return to the question later and adjust your approach as your understanding changes.

This section explores the same question in practical terms: notice the circumstances, separate facts from assumptions, identify what matters to you, and choose a realistic next step. Record what you observe without judging your worth by the outcome. Return to the question later and adjust your approach as your understanding changes.

This section explores the same question in practical terms: notice the circumstances, separate facts from assumptions, identify what matters to you, and choose a realistic next step. Record what you observe without judging your worth by the outcome. Return to the question later and adjust your approach as your understanding changes.

Practice:

Morning: How does this person's day begin? _____

Daytime: What responsibilities do they carry? _____

Evening: What would I choose again, knowing the cost? _____

Returning to myself: What quality do I want to bring into my own life? _____

This section explores the same question in practical terms: notice the circumstances, separate facts from assumptions, identify what matters to you, and choose a realistic next step. Record what you observe without judging your worth by the outcome. Return to the question later and adjust your approach as your understanding changes.

Chapter 3. How an Answer Changes When the Conversation Continues

This section explores the same question in practical terms: notice the circumstances, separate facts from assumptions, identify what matters to you, and choose a realistic next step. Record what you observe without judging your worth by the outcome. Return to the question later and adjust your approach as your understanding changes.

As the conversation continues, different words appear. Someone who dreams of running a business may discover that what matters more is making their own decisions. Someone who wants to become famous may actually want to create and be heard. Someone who dreams of moving may be looking not for another country, but for more personal space and choice.

This section explores the same question in practical terms: notice the circumstances, separate facts from assumptions, identify what matters to you, and choose a realistic next step. Record what you observe without judging your worth by the outcome. Return to the question later and adjust your approach as your understanding changes.

This section explores the same question in practical terms: notice the circumstances, separate facts from assumptions, identify what matters to you, and choose a realistic next step. Record what you observe without judging your worth by the outcome. Return to the question later and adjust your approach as your understanding changes.

This section explores the same question in practical terms: notice the circumstances, separate facts from assumptions, identify what matters to you, and choose a realistic next step. Record what you observe without judging your worth by the outcome. Return to the question later and adjust your approach as your understanding changes.

This section explores the same question in practical terms: notice the circumstances, separate facts from assumptions, identify what matters to you, and choose a realistic next step. Record what you observe without judging your worth by the outcome. Return to the question later and adjust your approach as your understanding changes.

Chapter 4. Changes That Don't Look Like a Success Story

This section explores the same question in practical terms: notice the circumstances, separate facts from assumptions, identify what matters to you, and choose a realistic next step. Record what you observe without judging your worth by the outcome. Return to the question later and adjust your approach as your understanding changes.

Конец ознакомительного фрагмента.

Текст предоставлен ООО «Литрес».

Прочитайте эту книгу целиком, [купив полную легальную версию](#) на Литрес.

Безопасно оплатить книгу можно банковской картой Visa, MasterCard, Maestro, со счета мобильного телефона, с платежного терминала, в салоне МТС или Связной, через PayPal, WebMoney, Яндекс.Деньги, QIWI Кошелек, бонусными картами или другим удобным Вам способом.