

The Legacy95 Family Journal:

**A Journey of Growth and
Connection**

by Dr. Stephen LaDuque (father to 6 daughters!)

Why a Family Journal?

After being married for 16 years, we had a massive shift where I was left as a single father to four young daughters under the age of 9 years old... Needless to say as a dude raised in South Texas, I was NOT prepared to be a daddy and a nurturing mother!! At the beginning of our “new” journey as a family, I realized that it would be important to teach and remind the girlies daily the importance of talking to the Creator, gratitude, positivity, controlling what you can control, and checking in/observing our feelings as we avoided shame and guilt as the family “without a mommy”. Going to the girls school events and even church was a gut punch and felt like everyone was always staring or pointing us out.

As for myself as a single father, it was essential to me that I LEAD and double-down on the foundations as we daily created a habit of counting our blessings and focus on the good rather than dwelling on what we lacked or what went wrong. This journal became a cherished ritual, allowing us to reflect on our days together and providing a space where we could express gratitude, affirm positivity, and connect on a deeper emotional level. It helped us build a deeper faith, resilience, consistency, trust and appreciation for the simple yet profound moments in life, making it an invaluable part of our family tradition.

Our hope and prayer is that this little blessing of a journal will be used by you and your family (each person should have their own for privacy but also to create their own journey) to support healing like it did for us as well as create some curiosity and beautiful elevated opportunities for love, communication, sharing, self care, reflection, synchronicity, connection with God and the Universe, and yes even catharsis.

Blessings and Love from the LaDuque Family to YOURS

Dr. Stephen LaDuque



Understanding Spiritual Wellness as a Family

Spiritual wellness is THE fundamental aspect of a family's overall well-being, serving as the foundation upon which all other pillars of wellness are built. At its core, spiritual wellness is about a deep-seated sense of purpose and meaning that identifies a family and its legacy as in "What Does This Family Stand For?" And yes, it is about Faith, Believing, Trust, and Knowing. And while there are many different names by which a family will acknowledge their faith through God, Source, Creator, Divine, Allah, Yehwah, or Mother Nature, the blessing here is the reminder that being apart of something larger than yourself and your family means that there is a greater plan and THAT is worth acknowledging on the daily basis!



Understanding Emotional Wellness as a Family

As the second pillar, Emotional Wellness for each human and within a family is crucial for fostering a supportive, safe, secure and nurturing environment. It helps family members express their feelings openly, leading to better communication and stronger bonds. When there is emotional imbalance, often times emotions can fester and lead to dissolution of safety and trust. When everyone feels understood and valued, it creates a sense of security and belonging. Prioritizing emotional health encourages empathy and resilience and allows families to navigate challenges together no matter if it is joy or anger, sadness or happiness, fear or amazement.



Understanding Mental Wellness and Mindset as a Family

Mental wellness and a strong, healthy mindset are vital for a harmonious family dynamic and yet a precarious balancing act with toddlers and teenagers in the house!! lol. Nurturing mental health encourages open dialogue and understanding, creating a supportive atmosphere where each member feels comfortable sharing their thoughts and concerns. It also involves learning self-discipline as this plays a key role helping family members manage their emotions and behaviors and can greatly lead to healthier decision-making and problem-solving. By prioritizing mental wellness daily with this journal, individuals and families can withstand life's inevitable stressors and challenges while building resilience and foster positive relationships that will last a lifetime!



Understanding Physical Health and Wellness

Physical health and wellness are vital for maintaining overall well-being and longevity. Good nutrition provides the essential nutrients our bodies need to function optimally, while adequate sleep rejuvenates both body and mind. Exercise and regular movement keep our muscles strong and improve cardiovascular health, reducing the risk of chronic diseases. Additionally, managing stress levels and considering supplements as needed can enhance health, ensuring a balanced lifestyle that supports vitality and energy.



Understanding Relational/Familial/Social Wellness

Relational wellness within a family encompasses the quality of interactions and relationships between its members and their network of friends and the community. It is essential because it fosters a sense of belonging and mutual support, providing emotional stability and joy. Strong social connections encourage open communication, trust, and understanding, which helps resolve conflicts more effectively. By nurturing these relationships, families can create a positive environment that enhances personal growth and collective happiness.



Understanding Financial Wellness

Financial wellness and good stewardship are crucial for securing a family's future. By managing resources wisely, families can ensure their needs are met while also preparing for unexpected expenses. Practicing good financial habits like budgeting and saving provides a sense of stability, reducing stress related to money. This approach fosters a culture of responsibility and foresight, equipping family members with the skills needed to make sound financial decisions throughout their lives.

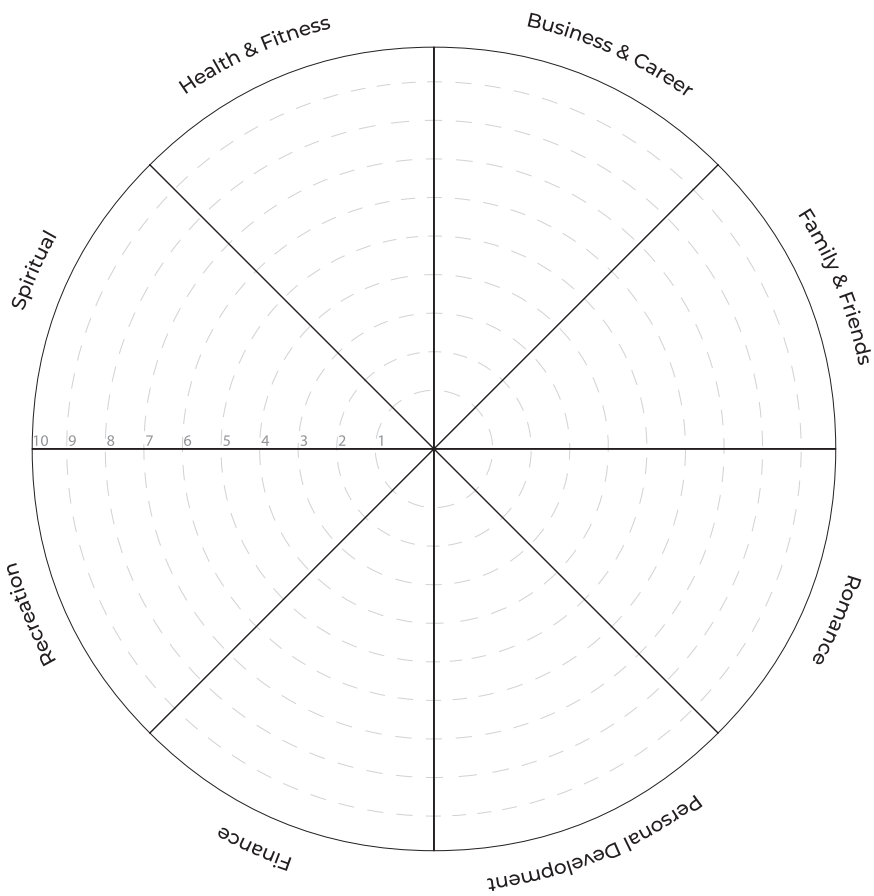
How does this journal work?

This personal journal is intended to be used daily and weekly and filled out by the individual or with the parent's help. It is intended for encouragement, fun, acknowledging, assessing and awareness. As you will see, weekly you can give yourself a score on the Life Wheel 0-10 (10 is best) on how your past 12 months have gone. It is a current assessment. Next as you go into using the journal, you can use all of the items on each page which will support you in all areas of life. Another option is to start out slow and pick 2-3 items and fill those out for a month. Then you can add in or change out items as you find what best suits you. Most importantly, find out what works for you and do that! If you are growing, then it's working! If you are challenged, then it's working! If you are more aware of yourself, your faith, your emotions, and your outcomes then it's working!! If those things are not true, then change it up. Blessings and enjoy!

How to use the Life Wheel

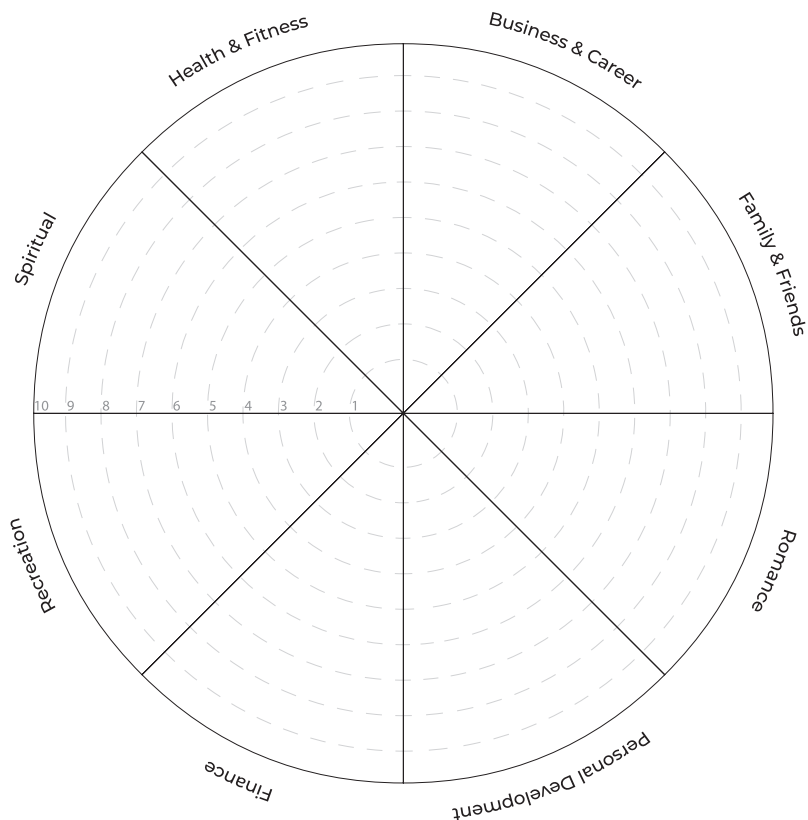
Filling out Your Life Wheel can be a transformative exercise to evaluate various aspects of your life and identify areas for growth. Here are clear directions for completing your life wheel:

- For each category, ask yourself
 - ▷ How satisfied am I in this area of my life right now? What would a 10/10 look like in this area?
- Rate each category using a scale of 0 to 10. Mark the appropriate number in the pie-section using a dot. When done marking all of your segments, connect the dots and it will form some aspect of an even or lopsided circle.
 - ▷ 0 means you are completely dissatisfied or that area is non-existent in your life.
 - ▷ 10 means you are completely satisfied, and this area of your life feels perfect
- Analyze Your Life Wheel
 - ▷ Look for balance: Is your wheel evenly filled or lopsided? A lopsided wheel can indicate areas needing attention.
 - ▷ Look for opportunities: Which areas do you want to focus on improving? Which areas are already strong and can be leveraged?
- Set Intentions
 - ▷ Choose 1-2 areas to prioritize for improvement.
 - ▷ Brainstorm specific actions to elevate those areas. For instance:
 - i. If you rate "Health" a 4, decide to exercise three times a week or eat more nutritious meals.
 - ii. If "Relationships" scores low, plan a weekly date night or reach out to friends.
- Reflect and Revisit
 - ▷ Revisit your life wheel quarterly to track progress and make adjustments.
 - ▷ Celebrate wins, even small ones, as you move toward greater balance and satisfaction.



Week 1

Start the week by filling out the Life Wheel and answering a couple of questions to help you prepare for the week. Continue on to fill out your daily pages for the next 7 days.



Which segment/areas have you made the most improvement in the last 3 months? In the last year?

What steps will you take to improve in the segments/areas where you scored lower?

Date: _____

Daily Gratitude

Write two things you're grateful for today.

1. _____
2. _____

Daily Affirmation

Write two positive affirmations for yourself today.

1. _____
2. _____

Daily Check-In

How do you feel today? Circle the face that best matches your mood.



What's working today?

What's not working today?

Daily Download from God/Creator/Source

A space for spiritual connection—write about any reflections, messages, or inspiration you feel you've received.

Rate Your Six Pillars of Wellness

Rank each Pillar with a number between 1-10 with 10 being the best and 1 needing a lot of improvement:

Spiritual Wellness: _____

Physical Wellness: _____

Emotional Wellness: _____

Relational Wellness: _____

Mental Wellness/Mindset: _____

Financial Wellness: _____

Reflection Questions

Write your response to one or both of the questions below:

Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?

“

The more you praise and celebrate your life, the more there is in life to celebrate.

– Oprah Winfrey

”

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Reflection Questions

Write your response to one or both of the questions below:

Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?



The future belongs to those who believe in the beauty of their dreams.

– Eleanor Roosevelt



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Reflection Questions

Write your response to one or both of the questions below:

Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?



All you need is the plan, the road map, and the courage to press on to your destination.

– Earl Nightingale



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Financial Wellness: _____

Reflection Questions

Write your response to one or both of the questions below:

Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?

“

No matter what people tell you, words and ideas can change the world.

– Robin Williams

”

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Reflection Questions

Write your response to one or both of the questions below:

Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?

“

All our dreams can come true, if we have the courage to pursue them.

– Walt Disney

”

Date: _____

Daily Gratitude

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Reflection Questions

Write your response to one or both of the questions below:

Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?



Once you start celebrating the little victories in life, you will realize just how infinite they truly are.

– Alicia Emamdee



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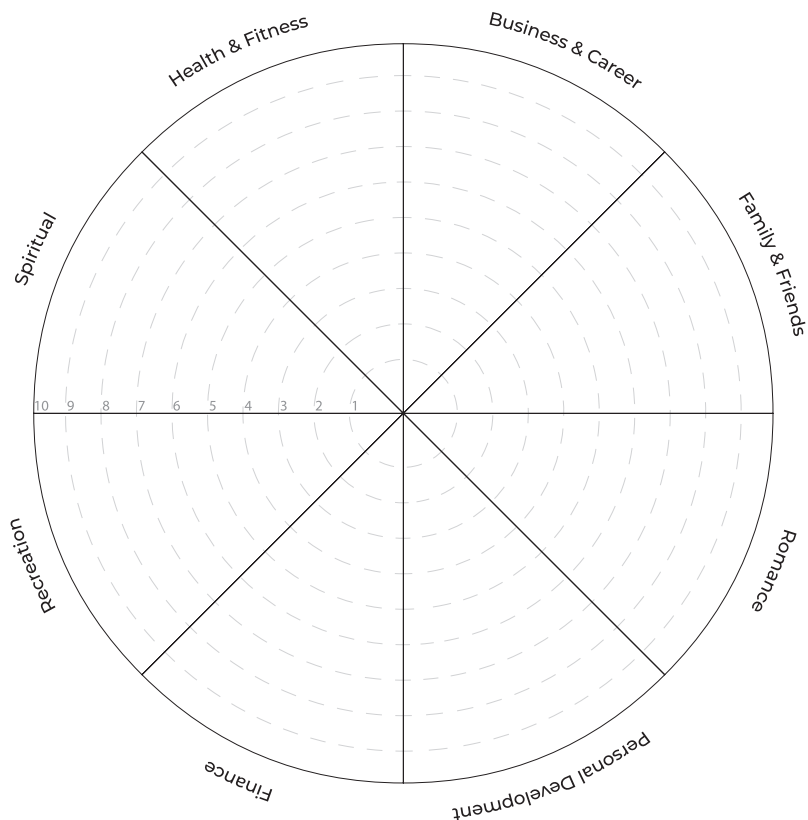
The greatest glory in living lies not in never falling, but in rising every time we fall.

– Nelson Mandela



Week 2

Start the week by filling out the Life Wheel and answering a couple of questions to help you prepare for the week. Continue on to fill out your daily pages for the next 7 days.



Which segment/areas have you made the most improvement in the last 3 months? In the last year?

What steps will you take to improve in the segments/areas where you scored lower?

Date: _____

Daily Gratitude

Write two things you're grateful for today.

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Daily Affirmation

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Daily Check-In

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Reflection Questions

Write your response to one or both of the questions below:

Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?

“

Spread love everywhere you go. Let no one ever come to you without leaving happier.

– Mother Teresa

”

Date: _____

Daily Gratitude

Write two things you're grateful for today.

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Reflection Questions

Write your response to one or both of the questions below:

Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?

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The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

– Helen Keller

”

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Reflection Questions

Write your response to one or both of the questions below:

Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?

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In the end, it's not the years in your life that count. It's the life in your years.

– Abraham Lincoln

”

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Reflection Questions

Write your response to one or both of the questions below:

Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?

“

Never let the fear of striking out keep you from playing the game.

– Babe Ruth

”

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To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

– Ralph Waldo Emerson

”

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Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?



Success is not final; failure is not fatal: It is the courage to continue that counts.

– Winston Churchill



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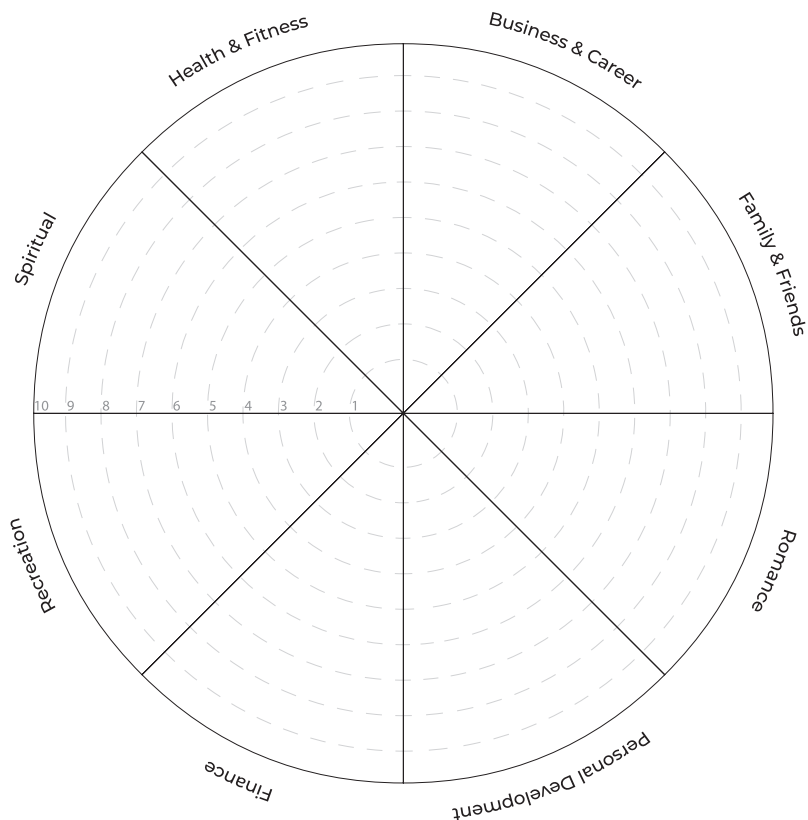
Just one small positive thought in the morning can change your whole day.

– Dalai Lama



Week 3

Start the week by filling out the Life Wheel and answering a couple of questions to help you prepare for the week. Continue on to fill out your daily pages for the next 7 days.



Which segment/areas have you made the most improvement in the last 3 months? In the last year?

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Date: _____

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Where have you made the most progress in the last year, and why?

“

If you change the way you look at things, the things you look at change.

– Wayne Dyer

”

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Where have you made the most progress in the last year, and why?



For the great doesn't happen through impulse alone, and is a succession of little things that are brought together.

— Vincent Van Gogh



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Where have you made the most progress in the last year, and why?

“

The two most important days in your life are the day you're born and the day you find out why.

– Mark Twain

”

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Where have you made the most progress in the last year, and why?



Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you.

– Mary Lou Retton



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Where have you made the most progress in the last year, and why?



Beauty is everywhere. You only have to look to see it.

– Bob Ross



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Rank each Pillar with a number between 1-10 with 10 being the best and 1 needing a lot of improvement:

Spiritual Wellness: _____

Physical Wellness: _____

Emotional Wellness: _____

Relational Wellness: _____

Mental Wellness/Mindset: _____

Financial Wellness: _____

Reflection Questions

Write your response to one or both of the questions below:

Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?

“

Happiness is when what you think, what you say and what you do are in harmony.

– Mahatma Gandhi

”

Date: _____

Daily Gratitude

Write two things you're grateful for today.

1. _____
2. _____

Daily Affirmation

Write two positive affirmations for yourself today.

1. _____
2. _____

Daily Check-In

How do you feel today? Circle the face that best matches your mood.



What's working today?

What's not working today?

Daily Download from God/Creator/Source

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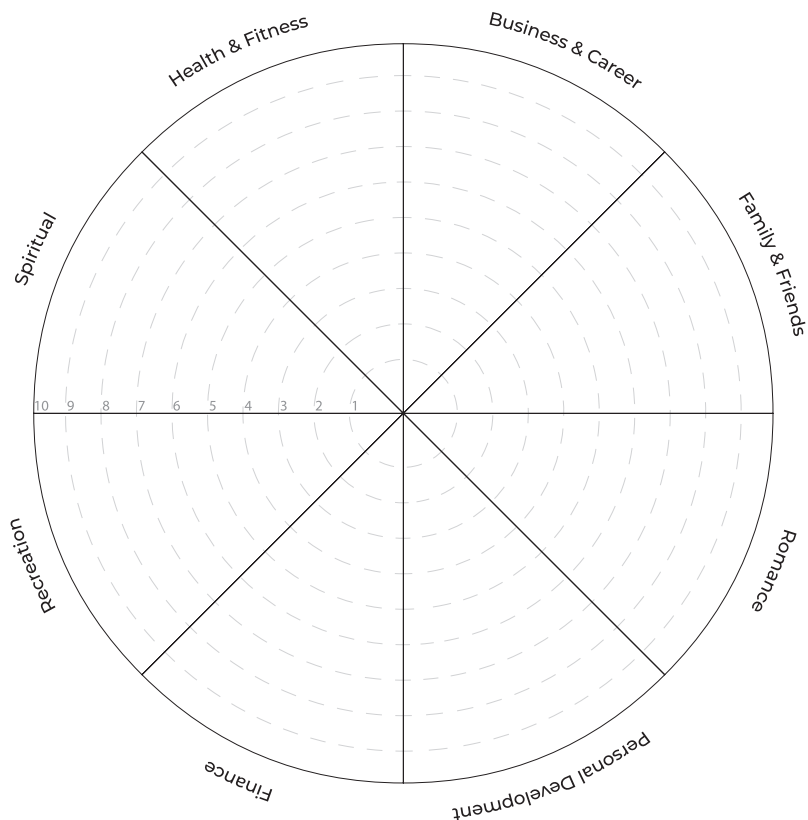
Start each day with a positive thought and a grateful heart.

— Roy Bennett



Week 4

Start the week by filling out the Life Wheel and answering a couple of questions to help you prepare for the week. Continue on to fill out your daily pages for the next 7 days.



Which segment/areas have you made the most improvement in the last 3 months? In the last year?

What steps will you take to improve in the segments/areas where you scored lower?

Date: _____

Daily Gratitude

Write two things you're grateful for today.

1. _____
2. _____

Daily Affirmation

Write two positive affirmations for yourself today.

1. _____
2. _____

Daily Check-In

How do you feel today? Circle the face that best matches your mood.



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What's not working today?

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Financial Wellness: _____

Reflection Questions

Write your response to one or both of the questions below:

Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?

“

If you can do what you do best and be happy, you're further along in life than most people.

– Leonardo DiCaprio

”

Date: _____

Daily Gratitude

Write two things you're grateful for today.

1. _____
2. _____

Daily Affirmation

Write two positive affirmations for yourself today.

1. _____
2. _____

Daily Check-In

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Financial Wellness: _____

Reflection Questions

Write your response to one or both of the questions below:

Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?



You must expect great things of yourself before you can do them.

– Michael Jordan



Date: _____

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Daily Affirmation

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Financial Wellness: _____

Reflection Questions

Write your response to one or both of the questions below:

Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?

“

The way I see it, if you want the rainbow, you gotta put up with the rain!

– Dolly Parton

”

Date: _____

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Financial Wellness: _____

Reflection Questions

Write your response to one or both of the questions below:

Where have you made the most progress in the last week, and why?

Where have you made the most progress in the last year, and why?



Stand for something or you will fall for anything. Today's mighty oak is yesterday's nut that held its ground.

— Rosa Parks



Date: _____

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Where have you made the most progress in the last year, and why?



Darkness cannot drive out darkness; only light can do that.
Hate cannot drive out hate; only love can do that.

– Martin Luther King Jr.



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Where have you made the most progress in the last year, and why?



A person who never made a mistake never tried anything new.

— Albert Einstein



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You have to believe in yourself when no one else does.

– Serena Williams



