

LIFESTYLE DESIGN DASHBOARD *2024



THE DASH

Lifestyle Design Dashboard (LDD) is your aesthetic and strategic hub for all things dream self, tactical execution and becoming your own muse. This tool is not meant to completely replace your personal planner or daily calendar, but rather act as your Master Plan x Lifestyle Blueprint with templates for reflection, tracking, goals, routines, vision board, career map and more.



HOW IT STARTED

LDD was initially created as a passion project that acted as a Personal Life Wiki. It was a place to keep my priorities dialed in with templates and pages that all mapped back to my vision. I had hundreds of friends on social ask to use it too, so here you guys go! For now, I have sample content throughout the dashboard – feel free to edit and change wherever you see fit!

Designed in the free Notion app, LDD is available for free. Skim to page 5 for the instructions on how to download it!

[SET UP NOTION](#)

I AM MY OWN MUSE

This template is designed to help you put words to your story and own who you are on a deeper level. Through confidently knowing your mission, vision and values, you show up for yourself and those around you in a way that's aligned and productive.

MISSION // MY WHY

A mission statement is often the "why" behind what you do; the core of your purpose. Sample:

To inspire and empower women to take control of their mindset and life and not settle for the status quo – ultimately designing a world they're obsessed with.

VISION // MY WHAT

A vision statement transcends beyond that "why" into the "what" – what are you bringing to the world? Sample:

My vision is to build tools, content and systems that act as accessible, go-to resources for women to up-level and love + live a custom-designed life.



WHAT'S INCLUDED



Add comment

2024 LIFESTYLE DESIGN DASHBOARD

Show love & mind your business. It's a lifestyle. xx

LIFE WIKI

DREAM SELF

- + I AM MY OWN MUSE
- ♥ FUTURE SCRIPTING
- ☾ SOUL GLOW

DAILY ROUTINE

- || DAILY HABITS
- 📅 DAILY SCHEDULE BLUEPRINT
- 🗑️ BUCKET LIST CHECK-IN

CAREER + MONEY

- 📊 MONTHLY SPENDING TRACKER
- 📄 CAREER MAP
- 📍 IKIGAI EXPLORATION

WELLNESS + BEAUTY

- 🏃 WORKOUT PLAN
- 🧴 SKIN CARE REGIME
- {AMAZON MUST-HAVES}

MINDSET

- 🧠 LEARNING LAB
- 🎵 THERAPY NOTES
- 🙏 GRATITUDE / LIFE LOVE NOTES

LIFE ADMIN

- 📅 WEEKLY GYST
- 🔒 PASSWORDS
- 🧠 BRAIN DUMP

EOY [2023] TASKS:

Finish strong babe.

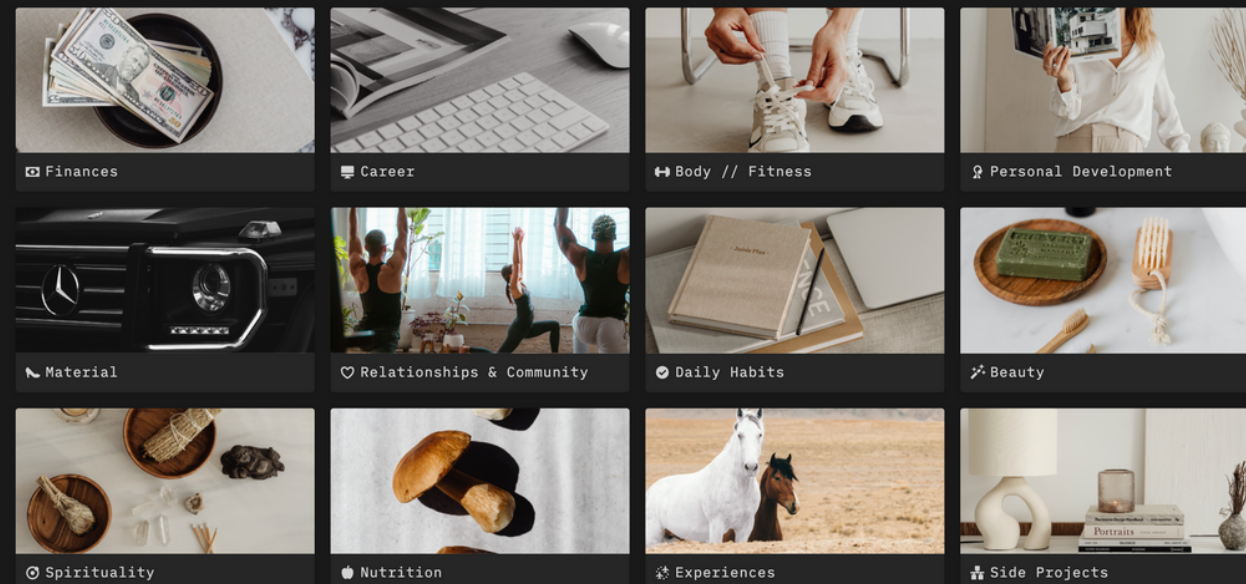
All tasks Board

Task name	Assignee	Due
<input type="checkbox"/> Buy holiday gifts		November 30, 2023
<input type="checkbox"/> Compile bank statements fo		December 31, 2023

COUNT 2

Gallery

LIFE CATEGORIES



- A home dashboard with a holistic overview of key life areas, vision board, monthly calendar preview and more
- 15+ subpage templates designed for reflection, clarity, mental and lifestyle organization, goals, habit tracking, manifesting and more
- 15 customizable Life Category sections that are integrated with your goals
- Spotify integration
- Monthly calendar that auto-populates your daily habit tracking
- Each page is fully designed with curated images, mood boards and more with photos taken by Ella Creative Studio and/or are available in the public domain, making them available for personal use

MAKE IT YOUR OWN



1 // SET UP ACCOUNT

Head over to [Notion.so](https://notion.so) and set up your free account. Notion is available on desktop and mobile app, but I definitely prefer desktop. Depending on your preferences, you might want to make the screen dark mode, which is what I used when I made this template.



2 // GO DARK MODE

Here's how to make your desktop or screen a matte black color:

Customize appearance on desktop

- Go to **Settings & members** at the top of your left-hand sidebar.
- A new window will open. In its sidebar, click the tab labeled **My notifications & settings**.
- Use the dropdown to switch between the following options:
 - Select **Use system setting** to follow your system appearance setting.
 - Select **Light** to display light mode.
 - Select **Dark** to display dark mode.
- You can also turn dark mode on or off anytime with the shortcut: `cmd/ctrl + shift + L`.



3 // MAKE A COPY

Now it's time to make a copy of the template and add it to your profile! The button below is linked to the template – click "Duplicate" in the top right corner once you're on my Notion page.

[LDD LINK](#)



4 // CUSTOMIZE

Familiarize yourself with the template and start editing the content, images, header photos, mood boards and more to your liking. It's **your** life after all.

MOOD BOARD INSPIRATION

When selecting images that inspire you, don't worry about whether or not they feel curated or super aesthetic. Pick images that MEAN something to you. When you're done, they will feel like YOU. YOU are the niche, YOU are the brand.

Here's what I use to make my personal mood boards:

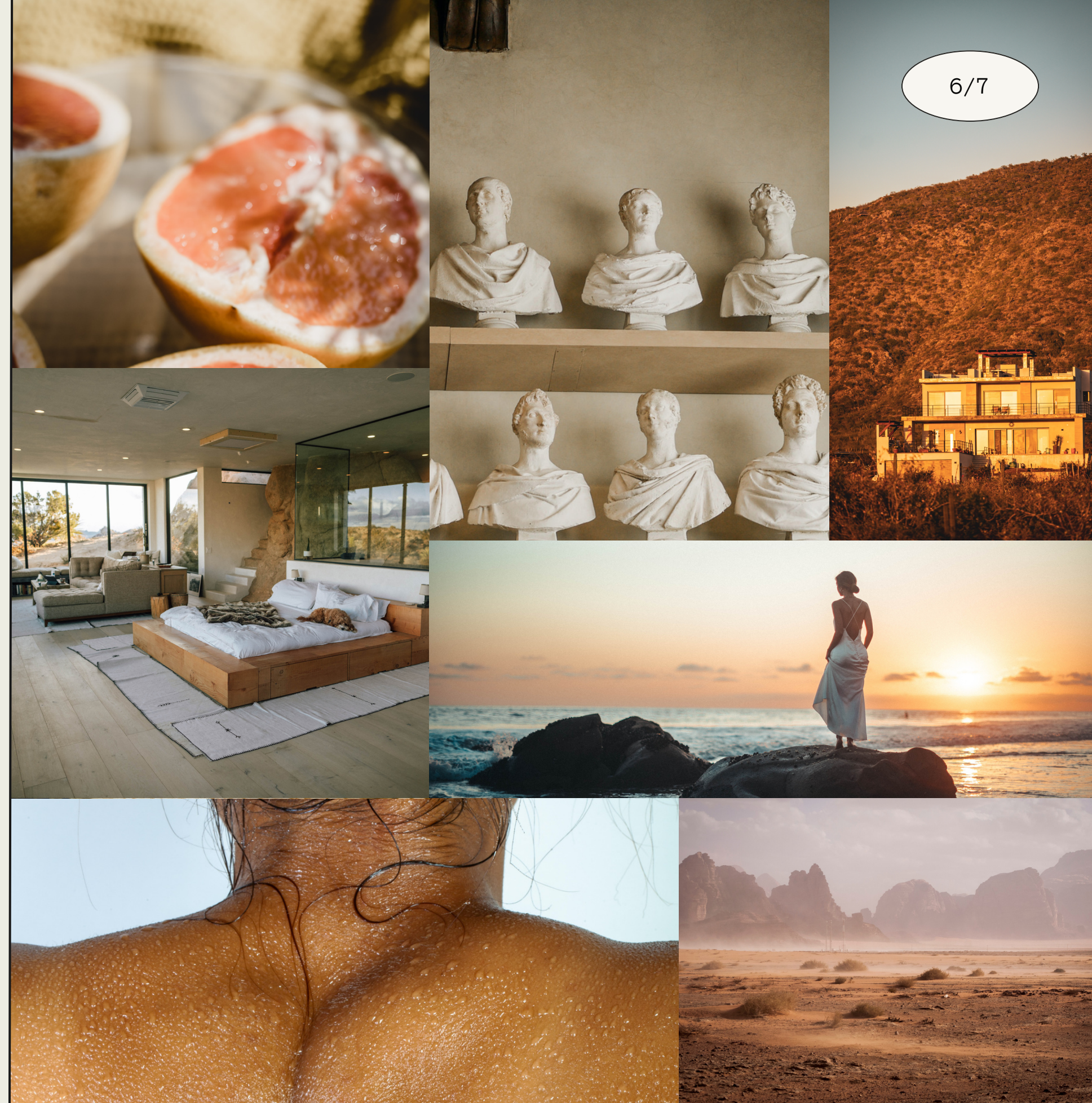
[PINTEREST](#)

[TUMBLR](#)

[CANVA](#)

↑ [TAP THE TAGS TO LINK TO MY PERSONAL PROFILES](#)

I wasn't able to use Pinterest or Tumblr for the public version of LDD because I don't own the images shared on those sites, but they are super vibey and a great place for personal vision boards.



6/7

THANK YOU



Thank you for supporting Lifestyle Design Dashboard! Hope you love it.

If you have any questions, DM me on insta! Handle is below. xo