



My Perfect Day

This guide helps you tune into what your ideal life would be like! It helps you get clarity on your dreams and desires so that you can start taking inspired action towards them.

Sit comfortably, plant your feet on the floor and take a few deep breaths. Allow yourself to begin to relax – you might wish to be curious about what you can hear, what you can feel around you and perhaps what you can taste.

Imagine waking up in a world where money doesn't exist – you are free to do whatever and have whatever you like.

Anything is available to you – nothing is off limits.

You aren't restricted by work – in fact if you wish not to work then you can. You don't have to do anything. You are free to live your life as you choose – whatever you desire is at your fingertips.

Let's have a think about what a day would look like for you...

Where do you wake up?

What time is it?

Where do you live? What country? What is the weather like?

What kind of house do you live in?

Who do you live with? Do you have children? Or pets? Do you live with friends?

What is the first thing you do when you wake up? Do you have a morning ritual?

What do you have for breakfast? Who do you eat with and where?

What do you do for work – are you in a job? Do you have your own business?

How many hours a day do you work?

What kind of work are you doing?

Do you work alongside other people?

What does your lunch break look like? Do you eat with friends / family? At home or go out for lunch?

What fulfils you about your work?

What other activities do you do in your day? What exercise do you do? Hobbies? How do you spend your afternoon? Are you still working or are you free?



My Perfect Day – cont.

What do you do in your spare time?
What hobby do you enjoy? How does it make you feel?
Who do you surround yourself with?
What kind of conversations do you have?
How do they make you feel?

Imagine you go shopping – again everything is free. What do you pick up? How do these things make you feel?

What do you do in the evening? Go out with friends/family? Where do you eat? What do you eat? What do you wear?

What exciting plans do you have in the pipeline? Travel plans? Write a book? A big event?

Really get clear on what your ideal day would look like...add in as much detail as you possibly can and also focus on how it makes you feel.

You can meditate on this, journal it out or create a vision board!!

This exercise will help you focus on where you want to be in life and allow you to create clear goals to work towards!!

