

Your Ideal Day

LET'S GET DREAMY:

Describe your dream day – from beginning to end. The trick is to get specific and imagine this day with all 5 senses – consider what you're feeling, tasting, smelling, touching, and seeing as you go through your day. But also take note and be mindful of your desired feelings. I want you to get specific about what you're actually doing. Think about the conversations you're having, the actions you're taking, and the things you're making. Remember, this is a fantasy ideal day – it's your story to write and can be as wildly improbable as you can imagine. Below are some questions to help get you started:

Where are you when you wake up?

Think about location / bedding / who's in the bed with you? / what do you hear / smell / see?

Describe your morning routine:

Food / drink / reading / exercise / meditation / etc.

Describe your dream wardrobe:

Pay special attention to your shoes – these reveal lots about who you are and what activities you love.

Describe your environment(s):

Are you in a house? Co-working space? Out in nature? What's your favorite space to hang out in and why?

What is your day like?:

Conversations / actions / food / meetings / music / creating + making / blogging / writing / how do you feel?

What fills your evenings?:

Food / drink / lighting / exercise / TV / people /

This is space for you to brainstorm & organize your ideal day, use it how you see fit.

MORNING:

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AFTERNOON:

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EVENING:

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COMMIT TO ONE THING FOR THE NEXT 4 DAYS:

Pick one element of this ideal day to start incorporating into your present day reality for the next 4 days: _____

HOMEWORK ASSIGNMENT: Start a Pinterest board to capture the look & feel of your ideal day. Think home / food / nature / travel / people / wardrobe / work / etc.