

# YOUR PERFECT DAY



Imagine it is 3 years in the future. Describe your perfect day in detail. Start with when you first wake up in the morning, all the way until you go to sleep at night. You will write this from the perspective of the sparkling new version of you, an updated version of what you currently experience. Some questions to think about:

How do you feel when you wake up?

Where are you?

What is the first thing you see when you open your eyes?

What does your bed feel like? What does your room look like?

What is the first thing you think about?

What are you looking forward to?

Who is there with you?

What is your morning routine?

Where do you live?

What is your home like? What's nearby?

What do you have for breakfast?

How lovely is your shower? Do you have wonderful eucalyptus plants that release an invigorating scent as you enjoy your shower?

What do you do for work-do you go to a job? How do you feel about it? Where is it?

How do you get there, and what do you listen to on your way? Podcast? Music? What kind? What is your mode of transportation? What time do you start? Do you even leave your home? Do you even have a job, or would you call it something different?

Are you a parent? How do you relate to your children?

What are the people around you like-in your job, your hobbies, your friends, your family?

Where do you have lunch? What do you eat? Who do you enjoy it with? Or are you alone? Are you in nature?

What do you do in the evening? Do you relax and watch a movie with your loved ones or do you hit the pub with your besties and chat about how awesome things are going for you? Do you create art or music or spend time doing something you love? If you have children, is there a fun family activity you engage in? Or do you snuggle up with a book and some tea or wine?

How much money do you have? Can you live comfortably, and not have to worry about how you are going to fund the choices that are important to you?

Continue on with every aspect of the day until you go to sleep that night. Most importantly, throughout all of it, how do you feel about yourself and your life?

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