

## = my perfect day =

- Think about the not-too-distant future. Five years seems about right
- Start with the moment you wake up. Imagine your bedroom, how you feel, what your day has in store for you, how you spend your morning, and go from there.
- Make sure you write about things you actually want in your life.
- Don't get caught up with titles. What is the actual work you are doing on this perfect day?
- Know that your perfect day may change over time.
- Keep this about you.

### GUIDE QUESTIONS TO REFLECT ON:

- First and foremost, how do I want to FEEL?
- What do I want to do?
- Who do I spend my time with and what kind of people do I want to be surrounded by?
- What do I want to fill my days with?
- How much am I earning? Giving? Investing? Be specific!



Another thing you can do is make a Visualization board