

PERFECT DAY

Imagine what your most ideal, perfect day would look like. There are zero limitations, money is not an issue, and you have all the time in the world. Now:

- Write that down in excruciating detail from the moment you wake up to the moment you go to bed.*
- Hang it up somewhere where you can see it every day.*
- Ask yourself how you can make decisions or shift your habits to reflect moving towards that perfect day.*

This exercise is extremely helpful in figuring out exactly what you want, and even just thinking about that regularly helps to make it a reality.

You don't have to know exactly what your perfect day would look like at first. It's a process, an evolution. Try the steps above a couple times a year and see how it changes and how much you've evolved alongside it.



TIPS:

- To begin, give yourself 60 minutes and go into nature—the woods, the beach, a park nearby. Leave your cell phone at home.
- Take a pen and notepad with you. This exercise is about dreaming, allowing yourself to get lost in thought.
- Ask yourself: What would my perfect day look like? Who am I spending time with? Where am I traveling? Where am I living? What am I working on?
- Reflect on all of this and write it down. Writing down your dreams is powerful—it's the first step to bringing them to life.

ADDITIONAL EXERCISE:

The next step of this process is putting your dream into action. Create an itinerary of your perfect day. Think about how you can incorporate your vision into your daily life.