



YOUR PERFECT AVERAGE DAY

Remember a few key things.

1. Get as sensory specific as you can
2. No judging!
3. Relax, you don't need to do anything but dream!

Where would you live? Describe it – sight, taste, smell, sound.. how it feels.

What time would you wake?

What would you do in the morning?

What would you think about in the morning?

What would you say?

What do you spend the first half of your day doing?

- Who are your friends?
- What do you eat for lunch?
- What do your friends, co-workers, family talk about?
- What exercise do you do?
- What do you do for personal fulfilment?
- Are conversations and interactions you have fulfilling? Stimulating? Why?
- What's your relationship with your family like?
- How about your relationship with your clients?
- What do you do for work? Do you love it? Why?
- What do others appreciate about you? What do you appreciate about them?
- What would you do at night? Who with?
- What thoughts do you have as you go to sleep?

What would need to happen to make your perfect average day amazing?

What would need to change?

Breathe in. Breathe out. Sit with your vision.

Add any details in here to make this your own and make it appealing to you.

