

YOUR YEAR – PERFECT AVERAGE DAY

EP #68

“Do I need a life coach?” You’re listening to Episode 68, with Rhiannon Bush

Welcome to the Do I need a life coach? Podcast. We’re here to discuss the ins- and outs- of the life coaching industry and give you tools to use, to see for yourself. I’m your host, Rhiannon Bush. Mother, management consultant and a passionate, certified life coach.

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Today I’m going to take you through an exercise called your Perfect Average Day. I was introduced to this exercise a few years ago and it’s based on work by Frank Kern, I’ll put the link to a YouTube clip by him in the show notes but it’s a brilliant way of designing how your life wants to look.

Without doing this exercise, you’re flying blindly into the future – not stopping to consider what it is you really want your life to look. It’s all very easy to imagine the gala dinners, the magazine covers, the purchase of a new fancy car... but all of the glimmer and glam fades into average. So that’s what we’re aiming for here. Average.

As I say to my clients, if you were to live the same day, over and over again, the exact same day as yesterday, and the day you knew tomorrow was going to be, what do you do? How does your day start? Who’s part of your day? What activities? What thoughts?

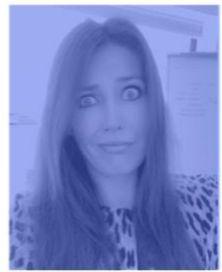
We get really, really specific so take this slowly. For each question, stop and really sink deep down into your gut and your heart. Get a picture in your mind and don’t be afraid to revisit this same exercise or amend things as you go or later on.

I’ve done this exercise over and over as it changes depending on my age and where I’m at in life as to what I want and how I want to design the life I’m creating. Whether you change or not isn’t to be judged – it isn’t good or bad. It’s about being honest with yourself.

Remember a few key things.

- 1. You want to get as sensory specific as you can – see what you’re looking at, feel the things you want to feel, smell the things you smell throughout the different parts of your day. Listen. What are you hearing? It can be difficult but immerse yourself in your future and feel how it feels**
- 2. No judgement – you want what you want, for the reasons you want it. Period. Honour what you truly want, whatever that may be.**





- 3. If you come away from this exercise shocked with the realisation that you want something vastly different to what you have now that may involve some big and serious changes to your life, relax. It's ok. Just because we do an exercise mentally doesn't mean we need to actually do anything. Well not immediately anyway. This exercise can be monumental for people, and the actions off the back of this exercise need to be calculated and staggered so we can emotionally expand with the other changes we need to experience as a result of attaining the life we truly want.**

Ready? Here we go.

First question – where would you live? Get detailed and I don't mean the name of the place unless you know it. You may not have a clue that a place like this even exists so grab that magic wand, and make it up. Fantasize. Dream. Where would you live. Describe it – see, 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?

If you're a spread-sheet person, like me, get a spreadsheet and from the time you wake up, break your morning down into blocks. For instance, my 5am – 7am is workout, stretch, meditate time. My 7-9am is kids and get-ready time. My 9-11am is content creation, 11am-1pm is client and sales conversations time.

More questions:

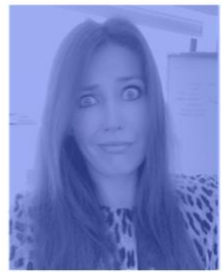
- **Who are your friends?**
- **What do you eat for lunch?**
- **What do your friends, co-workers, family talk about?**
- **What exercise do you do?**
- **What do you do for personal fulfilment?**

Break your afternoon down into chunks again. 1-1:30pm is lunch – I choose not to take a long lunch and I eat healthy food and have a coffee. I work through the afternoon, and finish my day with admin and my action plan for the next day – what am I prioritising? 3:30pm is kids time, play time, sport time, where I'm outdoors with them and I'm active. We do dinner, bath, books, bed and from 8pm it's Damien and my time – to talk and relax, read and then get a good sleep.

As you're breaking your perfect average day down, consider:

- **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?**

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

Visualise it. 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.

In the next episode we'll begin creating timelines around this and how you can safely manage working towards this vision.

Edit this over the next few days before we progress, change it as new things come to you. Feel free to edit and re-write as often as you like. It'll be the basis on which you'll goal-set, make decisions and ensure you live a fulfilling life that YOU want.

Well done. I'll see you soon.

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Hey! Before you go, I always find reviews really helpful when looking for new information or insights...

I you've found this podcast valuable, please take a minute to write a quick review about what you've found most beneficial for you, so other people can benefit from your insights, and listen in too. I would LOVE that! Also, if there are any topics you'd like me to cover specifically about life coaching or the life coaching industry, visit rhiannonbush.com to contact me. Thanks for joining and I'll see you in the next episode of Do I Need A Life Coach?!

Please note, this transcription may not be exact.

