



# *MY IDEAL DAY...*

**Imagine the life you want to be leading in 3 years' time.**

**Using a notebook, take 15 minutes or so to describe what your ideal day would look like in as much detail as you can. Remember to use positive language and stay in the present tense (as if this day is unfolding right now, in front of your eyes.)**

**Want to get extra creative? Add some images that represent your feelings or anything else about the life that you want to create.**

**From the moment you wake up to the moment you climb into bed:**

**What do you see, hear, taste, touch, and smell?**

**(Engage the 5 senses!)**

**How are you feeling?**

**Where do you live?**

**Who is in your life?**

**How do you use your time?**

**What activities are you doing?**

**What goals have you achieved?**

**What is your occupation? How much do you earn?**

**Next, ask yourself:**

**How can I make this vision a reality?**

**What steps would I need to take to get there (in 3 months, 6 months, 9 months, 12 months etc.)?**

**What one small action could I take today?**