

## What Would Your Perfect Average Day Look Like? (Exercise)

### Instructions:

**Describe your typical perfect average day - what would it look like?** Make sure to write this out in first person, as if you are doing it now. Be as specific as possible in the answers.

**Note:** There are no limitations (financial, geographical, health, etc.), do not list anything that would be illegal or break the law (as this wouldn't last long), and make sure to describe an average day, stuff that you would do daily and never get tired of doing this.

Here are some helpful questions....

Where would you live?  
What would house look like?  
What would it smell like?  
What would you do in the morning?  
What would you have for breakfast?  
What would you be thinking about?  
Where would you spend the first half of the day?  
What would you have for lunch?  
Who would you eat with?  
What would your friends be like?  
What would you do for personal fulfillment?  
What life purpose would you strive towards?  
What would your business be?  
What are your clients like?  
What time would you start work?  
What would you actually do at work?  
What title would you have at work?  
What type of products would you be working on?  
What is relationship like with spouse? Family?  
What would you do for family time?  
Where would you eat?  
Who would you eat with?  
What would you talk about?  
Who would you do it with?  
What time would you go to bed?  
What would that look like?  
What would you think about when you go to bed?  
Who would you be next to (if anyone)?

These questions are all based on desired experiences... not goals or things. Remember that our experiences help shape our identity.