

## Creating Your Ideal Life

Spend some time imagining what *Your Ideal Day* looks like. This should be a workday so that you can get a full range of details as to what your perfect day looks like. This is important so that you can be sure you are setting goals that you really value. It's also important as a form of motivation to keep going when you want to return to old, less healthy habits.

1. What time do you wake up, and how are you feeling as you greet the day?
2. Where are you? If you're at home, what does it look like?
3. Who is with you?
4. What kinds of work are you doing and with whom? (If you don't know exactly what kinds of work you'd be doing, or where, that's okay. But it's important to think about the qualities you want to find in the work you do, and the type of work environment you want.)
5. As you head out for the day, how do you look? What are you wearing/ carrying?
6. When and where do you work? What do you do on your commute? How do you commute?
7. When you're done with work, how will you spend your spare time and with whom? What activities do you enjoy?
8. What is your evening like? What are you eating and drinking? Who is around? What is nourishing you?
9. When you go to bed at night, how are you feeling after spending the day doing exactly what you love? What do you feel in your body?
10. What are you most grateful for and what are you looking forward to as you drift off to sleep?

What three activities on your ideal day bring you the most joy? (These may include meditation, doing the work you love, cooking and sharing meals with family or friends, walking a dog).

What are three things in your ideal life that you don't have now? (This may mean home ownership, children, meditation/zen room, passion projects, a lack of rushing, feeling abundance).

Do your best to really solidify exactly what you want your life to be like in two years and then work backwards. Reverse engineer your ideal day by setting smaller, tangible goals that will help you make this value based life a reality.