

## Creating Your Ideal Life

Spend some time imagining what *Your Perfect 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 to face the day, how do you look? What are you wearing?
6. When and where do you work? How do you get there?
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?
9. When you go to bed at night, how are you feeling after spending the day doing exactly what you love?
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 perfect day bring you the most joy? (These can include meditation, doing the work you love, sharing meals with family or friends, walking a dog).

What are three things in your perfect life that you don't have now? (This can mean home ownership, children, vacation fund, owning own business).

Do your best to really solidify exactly what you want your life to be like in two years and then work backwards. Set smaller, tangible goals that will help you make this dream a reality.