



**HAVASS**  
Academy & Coaching

## DAY 1

### *Isn't it interesting that many people don't know what they actually want?*

"I don't want misfortunes anymore."

"I do not want to get sad anymore."

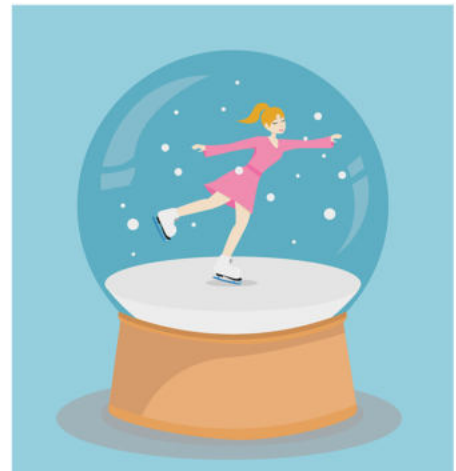
"I don't want to struggle with all these."

So, what do you want? What does your ideal life look like? What life do you dream of when you close your eyes? What kind of a picture is the picture that makes a smile on your face? This is why I'd like to ask you before I ask about all your goal steps.

### *What does your ideal life look like?*

What kind of picture is that which fills your heart with joy and peace? Forget all your goals, just try to see it. Please, create a time today when no one will bother you. Imagine your ideal life in an area where you really feel comfortable and safe. What kind of life do you have? How are your days? How do you wake up? How are your relationships? What kind of people are there with you? For example, where do you live? How do you feel? What is your job? What good feelings dominate your soul during the day? Then ask your heart these questions that will help you to understand what you really want:

- What kind of person would you like to be?
- Is there something you've always wanted but afraid to try?
- "It would be great if I spent more time on this!" Is it something you say?
- What feelings would you wish in your life to have more?
- What would an ideal day be for you?



Before beginning this journey, leave aside all the goals you had in your mind for now. Write down the answers to these questions on two pages of your study agenda. Let's see what kind of picture will your heart draw?



### *Tasks:*

- How would an ideal life that fills your heart with joy and peace be for you? Fill out the categories in the study agenda based on this question.
- Don't forget to answer the questions on the second page of day 1!

