



TOOLBOX

AVERAGE IDEAL DAY

CRAFTING A VISION FOR YOUR IDEAL DAY

A Practical Guide To Creating Your Future Lifestyle



GOAL: Get very specific with what you want in life by focusing on creating an “ideal day” for yourself.

Core idea: You may have heard of the concept of a “vision board.” These are usually images and phrases posted on your wall to help inspire you toward the life you want to live. Vision boards can be powerful - but they can also keep you stuck in conceptual dreaming. Working on the DETAILS of your ideal day can clarify tangible next action steps, create self-permission to work toward your desired lifestyle, and help you dream about actual tangible achievements for your life.

This exercise you will focus on the details of how you want to live, giving your unconscious mind specifics to focus on. Don't think of the most epic day you can have. The goal is to create an AVERAGE ideal day. We don't suggest that you fill your day with mundane activities. The guiding principle is sustainability.

If your ideal day includes drinking 5 shots of tequila - partying until 3am - or winning a poker championship in Vegas - you can't sustain that as a basis for your life. We are looking for a “set point” of your daily habits and rituals that can be replicated over time.

So stretch and think big, be creative and keep it sustainable. One technique to work toward sustainability is to pretend you have to live this day, the same day, over and over again for the rest of your life.



Action 1: Listen to the “Mapping Your Ideal Day” recording in your Personality Development Starter Kit Toolbox.



Action 2: Use journal prompts provided to identify how your average ideal day will look.

These starter questions below are very detailed and will help you craft an average ideal day for yourself. Feel free to ask even more detailed questions that apply to the lifestyle you want to craft. The more specific you can be the more powerful the results in your life.

When envisioning Your Average Ideal Day, ask yourself the following:

Where do I wake up?

What's the first thing I see when I open my eyes?

What am I wearing when I wake up?

What is the first thought that crosses my mind?

What is the scent in the air?

Who do I wake up next to?

What would my bedroom look like?

What kind of trees do I see outside my bedroom window?

What is the weather outside?

As I get out of bed, what's the first thing I do?

What am I wearing when I start my day?

Do I journal in the morning?

If I start with exercise, what specific routine am I doing?

If I start with breakfast, what am I eating? What am I Drinking?

Who am I having breakfast with?

How long does breakfast last?

What thoughts or conversations happen during breakfast?

How or who cleans up after breakfast?

How do I spend my morning?

Am I working? Creating?

Who am I spending my morning with?

What specific activities are involved?

What thoughts am I allowing or not allowing?

When do I take my 'coffee break'?

Am I commuting to an office or working from home?

Which room/space am I in?

Assuming that I'm working - What things surround me while I work?

What kind of chair/desk/office/position/crafting table/easel/etc am I using?

Am I listening to music or other sounds? What are they?

Am I working with people or alone?

What emotions do I want to be feeling?

How does my morning end?

Where do I go for lunch?

What am I eating? Drinking?

Who am I having lunch with?

Am I alone?

What thoughts or conversations happen during lunch?

Who cleans up after lunch?

What does my afternoon look like?

Am I working? Playing? Inputting or outputting information?

What is my afternoon environment?

Am I sitting, standing or doing something else?

What kind of messages, texts or calls am I getting on my phone?

Who am I with, and who am I not with?

What kind of thoughts am I thinking all afternoon?

What emotions am I feeling?

Is the weather the same in the afternoon as the morning?
What is the temperature?

Am I having snacks, what am I eating or drinking?

How does my afternoon end?

How does my evening begin?

Who am I spending my evening with?

What am I wearing in the evening?

Where am I eating dinner?

What am I having for dinner?

What are the conversations, thoughts and emotions in the evening?

If there is entertainment, what am I seeking out?

Where do I go if I don't stay home?

What am I doing if I stay in?

Do I journal in the evening?

When do I begin my bedtime routine? What does it look like?

Who am I going to bed with?

What am I wearing to go to bed?

What is the scent in the air before I fall asleep?

How do I end my day before falling asleep? (Conversation, sex, cuddling, etc.)

What is the lighting like in the room I am in?

What are the last thoughts and feelings I have before I fall asleep?

How do I drift off to sleep?

How many hours do I sleep?

What do I dream about?