



Tips To Create Your Ideal Day

By Lyn Carman

A GIFT FOR YOU

Life is not measured by the breaths we take, but by
the moments that take our breathe away.
A life well lived consists of moment upon moment,
where you experience what it is you value
experiencing.
Go ahead and create your ideal day for you
YOU ARE WORTH IT!



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01.

Imagine Your Ideal Day

Imagine your ideal day right now—the feel, the look, the taste, the smell, and the sounds. Breathe it in, let the dream take shape. Create a document, a record of this day, a reminder to revisit as often as possible. Write it down, talk it out, or paint it.

Consider what your ideal day doesn't include—no juggling five things at once, no feeling frazzled, no dealing with difficult individuals, video games, or lockdowns. Give equal weight to what you don't want and the associated feelings. Start eliminating these unwanted elements from your life. If elimination isn't possible, reframe your thoughts about them.

For instance, caught in a traffic jam? It happens, and there's nothing you can do. Instead of irritation, look up at the sky, notice the beauty around you, and be grateful for the time to enjoy music or your favorite podcast. Remember, you have a choice.

02.

Pay Attention To Your Ideal Day

Revisit your ideal day document frequently—immerse yourself in that visualisation. What stands out? For me, it was the tranquility, a gentle and effortless flow that allowed me to notice the richness of life. Perhaps, for you, it means having more personal time, indulging in hobbies, unleashing your creativity, or cherishing moments with family.

Take the opportunity to share your ideal day with someone you trust, someone with whom you can openly converse. Talking it over might unveil patterns and emotions that were initially hidden. This step is crucial because sometimes, we need another perspective to reflect back what we truly seek, especially when uncertainties linger.

Give yourself the freedom to dream and embrace the emotions woven into your ideal day. It's not just about the details; it's about experiencing the feelings that surround your vision. Allow the dreams to unfold, and let the emotions guide you on this journey.

03.

Give Yourself Permission

Consciously grant yourself the permission to craft your ideal day, to embark on the necessary steps toward your destination. It's about actively living the life you desire consistently. Give yourself the green light to instigate changes in your life. Take charge, rearrange the pieces, and flourish within these transformative shifts as you grow within these changes, and move toward your dream. Remember, you've got your own back in this journey!

04.

Be Gentle on Yourself

Be kind to yourself; remember, this transformation requires both desire and determination. It's not an instant change; there's no magic wand for your life. Life is not a packet of instant noodles ready to be dunked into boiling water. Your life, even a single day of it, is intricate and beautiful.

The steps you take toward your ideal day may seem small, the changes subtle. Some days, it might feel like nothing has changed, and you find yourself reverting to your "old ways." That's perfectly fine; small steps and setbacks are all part of the journey. The key is that, even in those moments, you are continually moving in the direction you want to go.

Recognise that this process may take time—months, even years—and that's perfectly okay. In fact, gradual changes often prove more sustainable. Large, rapid changes may offer immediate satisfaction, but they aren't always maintainable. It's easy to become overwhelmed and quit. Remember, eat the elephant one bite at a time—progress may be slow, but it's the consistency that makes it lasting and rewarding.

05.

Start Small

As you revisit and reflect on your visualisation document, pinpoint one thing—a single element—from the vital themes and feelings you've envisioned for your life. Consider small, manageable ways to integrate this into your next moment or the following day.

For instance, if your ideal day involves an hour of serene meditation, begin with a commitment to just 5 minutes. Consider it a starting point, and anything beyond that becomes a bonus, gradually becoming a natural part of your routine. Alternatively, initiate the process by carving out a dedicated space where you can embrace moments of quiet solitude.

Keep in mind that the actions themselves aren't the ultimate goal—it's the emotions and feelings underlying those actions that truly matter. Focus on cultivating those meaningful sentiments as you take these small steps toward your ideal life.

06.

Grant Yourself the Permission

When tomorrow turns into today, take a small step toward your vision. Recognise that these actions aren't selfish; they're a pathway to becoming a better, happier, and more supportive version of yourself. Consider it a gift to yourself, accepting it warmly with joy and gratitude.

07.

Step By Step You Bring it Closer.

Daily, weekly, or whenever you're prepared to embrace change, take a moment to pause, breathe, and in your mind's eye, visualise the connection between your 'current' day and your 'ideal' day. Envision them meeting in the middle and seamlessly merging. It's a gradual process, and with each step, you draw nearer to your desired destination.

Grant yourself the time and space to do the work, persist in your efforts, and stay committed. Even on the most mundane days, this practice will enhance your journey, bringing you closer to your goal and the dream of where you want to be.



Because
You are
worth it!