



Your Ideal Average Day Workbook

Do something today
your future self will
thank you for.

Our actions and decisions today will
shape the way we will be living in the
future.

YOUR IDEAL AVERAGE DAY

Completing this exercise is designed to assist you to get clear on what you want, to reconnect you to your bigger purpose for life or your business.

Many people are clear on what they don't want, and what makes them unhappy. It's far less common to meet someone who knows what they want; what they want to experience and who they want to be with. Most people think life gets better if they 'have' something, or 'get' something.

- more happiness,
- more time,
- more freedom,
- more money,
- a better car,
- a bigger house
- another qualification

The truth is, 'getting more stuff' is not the answer to a fulfilling life. A life well lived consists of moments upon moments, where you experience what it is you value experiencing.

- Time with family
- Reading
- A hobby
- Connected with friends and loved ones
- Peaceful space for yourself
- A sports activity

Whatever it is for you, the question to ask yourself is this –
“What is my Ideal Average Day?”

The day which, if I were to live every day, I would never get bored, and I’d never get sick of and it wouldn’t hurt anyone or me.

You see, I think most people live two versions of themselves – The ‘surface’ version that we take out to the world and think is who we ‘should’ be, and...
Our ‘core’ self – the true selves we are and desire to be.

This exercise is designed to get you back to your core. All you do is answer the questions here. It takes as little as half an hour or up to four hours, it depends on you and how much you want to put into it.

Write it out, print it out, look at it often.

See more notes towards the end, before beginning.

CORE IDENTITY EXERCISE:

Where would you live?

What would your house look like?

What would you have for breakfast?

What's the view?

What's the conversation?

What does the mundane stuff look like?

What would you spend the first half of your day doing?

What's for lunch? Who's it with? What do you discuss?

Who are your friends? What do you all talk about?

What do you do all day?

What are your clients/patients like?

What do you talk about?

What do you have for dinner?

Bigger stuff... What would you do for personal fulfilment?

What life purpose would you strive towards?

What legacy would you leave?

Notes

Notes

[illegible]

The answer cannot be 'I'd sit on the beach' or 'I'd do nothing all day'... The truth is holidays only sustain us for a short time. We are designed to 'experience' life, not constantly experience 'escaping from life'. Avoiding responsibility through long breaks from 'life' is not an Ideal Average Day – it's escapism, and no matter who you are, it becomes boring after a while. And then the question is, what do you do AFTER that? After the holiday and the 'time out' and the 'escape' is done, and you're ready to get back into living your life and building something meaningful, what does your day consist of?

We have a certain number of years remaining. This breaks down into so many days. And each day is made up of... moments of experience. What moments of experience do you desire?

Writing by hand has been shown to increase neural activity in certain sections of the brain, much like meditation, so 'think to ink!'

Next... you go about making this ideal your reality. It can take 12 months, or it can take five years – time is not the point. By starting to take steps today towards building your ideal day, you're committing to you and being the best version of you, you can be. That's got to be worth the journey! Enjoy!

The more detail you can imagine the better, see yourself, feel and hear what your day is like. There is nothing to hold you back, think of whatever you wish for, dream of.

Everything IS possible for you.

When this is your ideal average day ... your wheel of life is full. ☺



You get what
you focus on,
so focus on
what you want.

