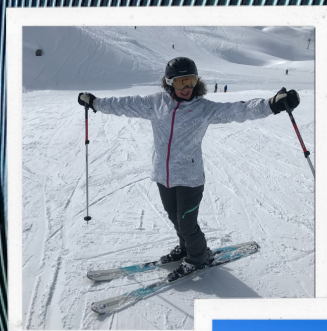




"MY PERFECT DAY"

This fun to do exercise is a great first step to help you move forward. It will give you some fantastic insight into what you **really** want from your life...



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NEXT?



Starting With Your Why?

OVERVIEW OF THE EXERCISE

This exercise is a brilliant way for you to imagine or envision/visualise in great detail what an ideal, or "perfect day", in your future looks like to you.

For this exercise a 'perfect day' isn't a one-off day like a holiday day, or a 'woo I've won the lottery!' day, we're talking an average "day-in-the-life-of-me" day, one that you're living as part of the life of your dreams. You're just focusing on what ONE day would look like. For further guidance see "Helpful Questions to Ask Yourself" and "Tips on Completing the Exercise" a few pages on.

www.starttheripples.com
helena@starttheripples.com

INSTRUCTIONS

When you're going through life transitions and working on what to do next, understanding what you actually WANT and what that looks like, is the first place to start. The clearer you are on this the more likely you are to take the NEXT step in moving forward, and to do it with confidence, energy, and excitement. And the clearer your vision the more likely it is to become reality in the future!



How long will it take?

30-45 minutes (as a guide. It can take as long as you need)



What do I need?

A quiet space with yourself
Your imagination
Your honesty
Something to write with (or type onto)



Results: why should I do this??

Get **clarity** about the future I want to create for myself.
Get clarity on what a **dream life** looks like and feels like to ME., to help me to create **GOALS, MEANING** and **PURPOSE**.



FOLLOW THE STEPS ON
THE NEXT SHEET

| | |
|--------|---|
| STEP 1 | <p>Find somewhere quiet</p> <p>Print out the "My Perfect Day" Worksheet (a few pages on) to write out your "Perfect Day". Find somewhere quiet, where you feel safe and you won't be disturbed.</p> |
| STEP 2 | <p>Before you close your eyes and begin</p> <p>In a moment you'll close your eyes and start to relax, visualising/ imagining yourself living your perfect day in your dream life, 5 years from now. Before you close your eyes and relax, read through the following steps first, and the 'Helpful Questions' and 'TIPS' sheets to guide you.</p> |
| STEP 3 | <p>Close your eyes and relax</p> <p>Begin by imagining that you've just woken up to a fresh new day and you're feeling light and smiley and deep down happy. You're living your dream life and you're excited about the day ahead. Feel it. Be here... present in this perfect moment in time.</p> |
| STEP 4 | <p>See it, feel it, smell it, taste it ... BE THERE!</p> <p>Imagine your bedroom. What does it look like? What does your duvet feel like? What can you see from your bed? Who's with you? What smells can you smell? What can you hear? How are you feeling right now? Get into the moment using as many senses as possible.</p> |
| STEP 5 | <p>Allow yourself to delve into your deeper truth</p> <p>Imagine what your day has in store for you. What happens when you get out of bed? What will you be doing this morning? This afternoon? This evening? Imagine everything that happens from the moment you wake up, until the moment you close your eyes to go to sleep that night.</p> |
| STEP 6 | <p>Open your eyes</p> <p>Start writing out your perfect day on the "My Perfect Day" worksheet in this bundle. Include your feelings, thoughts, and other senses that you're experiencing on this day, e.g. joy, peace, excited, warm, happy, time-rich, energetic, fulfilled. Do a drawing! Visuals are powerful...</p> |
| STEP 7 | <p>ACTION!</p> <p>Compare your current day (life today) to your perfect/ ideal one you just visualised. Choose ONE THING that you can action THIS WEEK to help you get closer to living your perfect day. (EG Think about your habits, behaviours, try a new approach or idea). Don't overwhelm yourself, a small step is all you need to start with. "From small acorns great oaks grow".</p> |

HELPFUL QUESTIONS TO ASK YOURSELF

*DON'T FEEL LIKE YOU NEED TO
ASK YOURSELF ALL FOR THESE!
THEY ARE SIMPLY PROMPTS TO
HELP YOU :-)*

- Where am I waking up?
- What time do I wake up?
- How would I wake up? Who would be in bed with me?
- What's it like outside my bedroom window? The weather? The environment?
- What am I thinking? What can I see? What do I smell? What do I feel?
- What words am I hearing and how do they make me feel?
- What's the first thing that I would do?
- How would I be starting my day? What would my morning routine look like?
- What would I be doing next? What activities?
- Who would I be interacting with this morning?
- What am I having to eat and drink for breakfast? Who am I with if anyone?
- What am I wearing
- What am I listening to, or watching, if anything?
- What exercise am I doing? Alone? With others? How long for?
- How would I spend the first part of my day?
- How would I spend lunch? What would I eat? Would I be with friends?
- What activities would I do in the afternoon?
- What would my business/ work be like? What time would I start work?
- What would I be doing at work? How am I feeling at work?
- What am I saying to people around me today? (Clients/ colleagues)
- What time do I get back to the house from work?
- What do I do when I get home?
- How am I feeling when I get home? Who am I with?
- What time do I go to bed?
- What do I do as part of my evening / night routine?
- What am I thinking about as I get ready for bed?
- How am I feeling at the end of my perfect/ ideal day?

TIPS ON COMPLETING THE EXERCISE

DO THIS EXERCISE REGULARLY

Do this exercise regularly, e.g. every 6 months, as your Perfect Day will change over time. Check in with yourself that you're still clear about what your ideal future looks like and your behaviours and activities are in alignment to move you forward towards it.

IMAGINE 5 YEARS FROM NOW

Write in the present tense as though this is happening to you now, but imagine you're 5 years in advance (not too far that you can't imagine it, but far enough that you have time to get there)

REMEMBER THIS IS YOUR PERFECT DAY

Be mindful of staying in "I", it's YOUR feelings and perfect day, not how anyone else who's in your perfect day is feeling.

BE TRUTHFUL AND DIG INTO YOUR DEEP DESIRES

Really allow yourself time to do the visualisation. Wander around inside your imagination. Dig into your dreams and desires. Believe that anything is possible. Let yourself go. Really get into it. The more you do the more you'll get out of it I promise.

RECORD YOURSELF

Talk to yourself in your head! (Hence finding some quiet space where you're alone!)
Talk through what you're doing/ feeling/ thinking/ smelling/ hearing/ saying.

You could audio record yourself talking through your day (and then listen back to it and make notes, do some sketches. Whatever resonates with YOU).

“IF YOU CAN DREAM IT, YOU CAN DO IT” (WALT DISNEY)

I DID THE EXERCISE MYSELF, THIS IS WHAT MY "PERFECT DAY" LOOKS LIKE (RIGHT NOW!)....

"MY" PERFECT DAY

I had so much to write that I had to go over the page!! So please don't feel hamstrung by the space / box on the blank worksheet - write on the back, get more paper, write as much as you feel like! Let it flow.... :-)

I've woken up to the birds singing, lots of light coming in through many windows, my husband asleep next to me. I'm smiling and light and I'm excited about seeing my team today. I put on my silk dressing gown (? Why silk popped in my mind I have no idea!?) and go to my gym gear and get dressed. I'm wearing grey leggings and a soft cream lightweight jumper top. I head downstairs to the kitchen, grab a Berzeca, head to "the reading room" (my dream is to have a space called "mine" which has floor to ceiling bookshelves and a door to the garden...), and do my morning-ritual with a cuppa. I can smell vanilla from yesterday's candles. Check a few emails, plan out my day ahead, a soft knock at the door it's the kids telling me they're up and dressed (this is my perfect day remember!) Still smiling and ahead of myself with work I make brekkie whilst the kids do their homework, hubby comes down and we chat about the day ahead. It's calm. lovely. light. cuddly. I take the kids to school then head to my bootcamp before I head back home for a shower and team meeting, which is at my house. The meeting is fun, I love being with these people they inspire me. I love their passion, energy and enthusiasm. I feel so lucky to be loving this moment. Doing what I do. The meeting ends, kids get home, the sun is still shining so we head to the woods on our bikes, I sit

Signed: ME! ♡

peacefully with a cuppa, listening to rustling and buzzing of the woods and feeling happy and blessed hearing my kids' laughter. We head home as the sun starts to dip and

Draw a picture of yourself living your perfect day :-)



"My Perfect Day" Worksheet

Date:

Signed:

WHAT YOU CAN DO NEXT

-01-

THE ONE THING

Once you have completed the **ONE THING** to action this week to get you closer to living your perfect day, decide what your **NEXT STEP** will be

-02-

START WITH 30 MINUTES

Make time for **you** (personal growth) **regularly** and **consistently** so that each **NEXT STEP** continues to the **NEXT** - even if it's just 30 minutes of conscious, dedicated time a week.

-03-

TRY NEW OR DIFFERENT THINGS

Personal growth activities will be different for all of us, keep trying new things:

Be inspired: read books like Michelle Obama's "Becoming". Listen to a random podcast.

Get to know yourself: create a moodboard, do an audio journal rather than a written one.

-04-

SELF-COACH AND JOIN A TRIBE

Build on your 30 minutes and coach yourself, working with yourself to make sure you're getting the best, and most, out of yourself and all areas of your life. Because you're worth it!

Surround yourself with like-minded women going through the same life changes as you. Share, learn, collaborate, gather strength and energy and know your thoughts and feelings do NOT mean you're going mad!

-05-

START THE RIPPLES....

You've already started the ripples of change in your life by doing this exercise and digging into what your 'perfect day' really is. If you're ready to build on this with **more action**, and **want help** to move into the next phase of your life with **confidence**, **energy** and **excitement** (oh yes!), then come over and join an awesome tribe of gals at StartTheRipples.com.



“

life isn't about waiting for
the storm to pass, it's
about learning to dance
in the rain

If you want to continue with
the work you've just started,
come over to
startheripples.com or
message me personally at
helena@starttheripples.com



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