

Perfect Day – Powerful Questions

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Imagine and write out your perfect day?

Yesterday your assignment was to describe what your life will look like – 10 years from now – when you have taken charge of it.

I hope you enjoyed the exercise! I'd love to hear about what you'll be doing in the life you envision for yourself!

Basically what you did yesterday is paint the big picture of your life in 10 years.

Today's assignment is to zoom in on that image and imagine your perfect day.

What does a day, a really great day in that life you envision for yourself look like?

Below you'll find some questions you may find helpful when it comes to working on today's assignment.

Like yesterday, don't shy away from pushing the boundaries!

This exercise is not about getting it perfectly right. It is about deciding what is really important to you.

It can give you insight into who you really want to spend time with, how you want to feel and where you want to be.

You may very well discover things in your perfect day, you can quite easily implement immediately.

So sit down. Take out some sheets of paper or a notebook. Find your favourite pen.

Are you comfortable yet?

Good! Now start writing!

TIP: start at the top of your day, when you wake up, and work from there!



"At the end of the day, if I can I had fun, it was a good day."

~Simone Biles



P.S. As with yesterday's exercise: if writing is not your thing and you're much more comfortable drawing, painting, mindmapping, recording or anything else creative, then go for that.



Powerful questions to help you get started¹



“Every day is a good day to be alive, whether the sun’s shining or not.”

~Marti Robbins



- Where are you?
- What does your morning routine look like?
- What do your immediate surroundings (room, house) look like?
- Where in the world are you?
- What does the world around you look like?
- What do you have for breakfast?
- What is the weather like?
- What are you wearing?
- How do you feel?
- What does your living space look like?
- What does your family look like?
- What do your family members do today?
- How will you spend the morning, afternoon, evening?
- What kind of ‘work’ do you do?
- When you are ‘going into work’ today, where is that and what does it look like?
- Who are you meeting today? And why?
- Where do you have lunch? What do you have for lunch? And with whom?
- What is your attitude like?
- What does your bedtime routine look like?

¹ This is not a list of questions that absolutely all have to be answered. Its only intent is to help you describe a perfect day in the life you will be in charge of 10 years from now.