
PERFECT DAY ITINERARY

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THIS EXERCISE IS TO HELP YOU DEFINE WHAT A PERFECT DAY WOULD LOOK LIKE FOR YOU IF EVERYTHING IN YOUR LIFE WAS JUST RIGHT. GETTING CLEAR ON THIS MEANS THAT YOU CAN START TO NAVIGATE WHAT YOU'RE DOING IN EVERY ASPECT OF YOUR LIFE TO START CREATING THAT PERFECT DAY EVERY DAY.

When I did this years ago, it's what set me up for living the life of my dreams.

PART 1: THE MACRO

What do you want your day to look like in an overall sense? Getting an idea of what your Perfect Day will be in broad terms will help you hone in on the specificity of Part 2 of this exercise.

Consider the following questions and write down your answers below.

How do I want every day to look?

How do I want to feel every single day?

What do I want to create daily?

Who do I want to spend time with?

Where do I want to go or explore?

What passions do I want to be fulfilling?

Now take a few minutes to put all of that together into a description of your perfect day. Only take the things that truly resonate with you. If one of the above questions or prompts doesn't provoke a response that holds meaning for you, you don't have to include it in your description. Remember, this is YOUR perfect day.

PART 2: THE MICRO

This is where you get ultra specific.

Write a complete itinerary for your Perfect Day in your life, hour by hour. Break it down into quarters of an hour if you have to.

This could include anything from what time you drink your first cup of coffee, how long you allow yourself to take a shower, when you work out, how much time you have to goof off on facebook, when you take time for meditating, literally everything that you want in your Perfect Day should be part of this itinerary.

The more specific you get with your itinerary, the easier it is to visualize it into reality.

