

# YOUR PERFECT DAY EXERCISE

This is a guide to help you complete the Perfect Day exercise in your journal. Feel free to complete within the journal or on a separate piece of paper.

1. Find an inspiring space to sit with a pen & paper or your computer with the wifi turned off and all browsers closed. Turn your phone off also. Allow yourself the time and space to do this and don't allow yourself to be distracted.
2. Think about your ideal business and life and imagine you have fast-forwarded by precisely 12 months. It's whatever date it is today 1 year from now.
3. Pick an ideal scenario (perhaps you're sitting on a beach, living closer to your family or spending your days working from your local coffee shop, whatever works for you) and ask yourself the following questions;
  - Where are you?
  - Who are you with?
  - What are you doing?
  - What are you reflecting on?
  - How did your year go?
  - What are you proud of?
  - What did you learn?
  - What did you achieve?
  - What breakthroughs did you have?
  - How has your life changed?
  - How has building your lifestyle business over the last year impacted your life?
  - What are you looking forward to in the next year?

Be specific! Really place yourself there and imagine everything as if it's already happened through the year.

- Don't just say *"I improved my health"*, say, *"I attended F45 training 5 days a week for 12 months and am fitter and stronger than I have been for years"*.
- Don't just say *"I finally started to make money"* say *"I'm generating \$5000 a month in my lifestyle business"*.
- Don't just say *"I finally launched my own business"* say *"I started an Etsy store selling silver customizable jewelry, am selling 500 units a month and generating a profit of \$5000/month"*

Describe your ideal lifestyle and what you've done to achieve it.

The more granular you can get and really see it in your mind, the more excited your vision will make you, and the more emotion you can attach to the outcome, the more likely you'll do what it takes to get there.

Remember no-one else has to see this. This is just for you, so feel free to dream as big as you want to.

## WHAT'S YOUR WHY?

If you really want your vision to stick, the best way is to add emotion to it and identify your why. Your why, is the reason why living this lifestyle or achieving these goals is important to you.

- What will it mean to you if you achieve your goals or are at least on route to achieving them?
- What changes will occur if you've started to create momentum in your life and business and are loving it?

The more emotive you make your why, the stronger your motivation will be.

By having a clear vision and a clear reason why, on the days you struggle, (and there will be days like that, many of them), you won't spend hours wondering why you started down this path in the first place.

You won't start second-guessing yourself, or asking yourself if you took the right direction.

You'll just read your vision and your why and you'll know you're doing the right thing. You'll quickly be able to recognise self-doubt and fear seeping in, revisit your limiting beliefs and more useful beliefs and move through the fear.

And for even more motivation, consider turning your vision and your why into pictures, posters or inspirational messages, that you can visually display and look at every day.

If you want to keep it just to yourself, write it out in your journal or on extra paper and have it handy to read every day when you review your daily actions & goals.

Do whatever you need to do to read your vision and goals as often as possible. Remind yourself every single day where you're going and why you're going there.

The brain is a super-powerful machine and if you fuel it with the right messages every single day it has an uncanny ability to support you on your mission.