

IDEAL DAY WORKSHEET

The key here is to state these details as facts. As though you already have incorporated and achieved your ideal day.

This is future you explaining to present you, what their day looks like.

For most of the day I feel: (try naming 3 adjectives, for example: energetic, lighthearted, present etc.)

- _____
- _____
- _____

The habits, activities, and hobbies I fill my time with are:

- _____
- _____
- _____

My natural traits, strengths and skills that I utilize & sharpen daily are:

- _____
- _____
- _____

The 3 ways I fill my own cup daily are: (these can be as simple as making your favourite beverage in the morning, spending 10 minutes meditating, doing your workout, journalling, listening to music. What makes you feel relieved to have done and you miss when you don't do?)

- _____
- _____
- _____

Now take these ideals into your future. How can you incorporate those habits now?

What traits, activities and adjectives define the Best Version of you? Polish those up!

The world needs the best version of you, so take time to readjust your aim and place clear goals to aim at.