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Your Perfect Day

Make sure you do not engage in this exercise if you are in a mindset that is screaming “this day is like sucking lemons.” Instead, do this exercise on a break, while on a walk, or doing something that feels uplifting. Take a few deep breaths and relax. Then answer the following questions:

1. What does your perfect leisure day look like? Be as specific as possible. What are you doing? Who are you with? Where are you?
2. Now think 20 years out. Imagine yourself 20 years older than you are today. Answer the same questions.
3. Then, think 40 years out. Imagine yourself 40 years older than you are today. If per chance that makes you 140 years old, still do the exercise. Where are you? What does your perfect day look like?

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