

YOUR DREAM DAY

Describe your dream day from beginning to end. The trick is to get specific and imagine this day using all five senses—choose what you're feeling, tasting, smelling, touching, and seeing as you go through your day. But also, be mindful of your desired feelings and be specific about what you're actually doing. Think about the conversations you're having, the actions you're taking, and the things you're making. Remember, this is a fantasy—it's your story to write and can be as wildly improbable as you can imagine. Below are some questions to help get you started. See page 112 in the Being Boss book for more details.

WHERE ARE YOU WHEN YOU WAKE UP?

Think about location / bedding / who's in the bed with you? / what do you hear / smell / see?

DESCRIBE YOUR MORNING ROUTINE:

Food / drink / reading / exercise / meditation / etc.

DESCRIBE YOUR DREAM WARDROBE:

Pay special attention to your shoes – these reveal lots about who you are and what activities you love.

DESCRIBE YOUR ENVIRONMENT(S):

Are you in a house? Co-working space? Out in nature? What's your favorite space to hang out in and why?

WHAT IS YOUR DAY LIKE?:

Conversations / actions / food / meetings / music / creating + making / blogging / writing / how do you feel?

WHAT FILLS YOUR EVENINGS?:

Food / drink / lighting / exercise / TV / people /

This is space for you to brainstorm & organize your ideal day, use it how you see fit.

MORNING:

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AFTERNOON:

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EVENING:

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COMMIT TO ONE THING FOR THE NEXT 4 DAYS:

Pick one element of this ideal day to start incorporating into your present day reality for the next 4 days: _____

HOMEWORK ASSIGNMENT: Start a Pinterest board to capture the look & feel of your ideal day. Think home / food / nature / travel / people / wardrobe / work / etc.

Being Boss

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