

My Ideal Average Day Exercise

The purpose of the exercise is to get clear on what you want in life.

So many people are clear on what they *don't* want, and what makes them unhappy. But since we tend to move in the direction of what we focus on, it is a far better idea to picture what we **DO** want, what qualities in life we do want to experience, and who we want to experience it with.

When asked to design our ideal life, we are quick to respond in terms of sunny holiday visions, lying in a hammock between palm trees, cocktail in hand. Or some other version of blissful, exceptional times with little to do and zero responsibilities.

But the truth is, we might not be happy at all if that was our life, day after day after day. We would probably get bored, lack meaning and fulfillment.


Holidays only sustain us for a short time. We are designed to 'experience' life, not constantly experience 'escaping from life'.


So, the question is: What kind of day would you really be able to repeat maaany times to experience meaning, happiness, balance?


The following questions will guide you through a reflective process at the end of which you will have a clearer picture of your very own Ideal Average Day.


Take your time to really envision the situations you are being asked about. What do you see? Hear? Smell? Feel?


 What does your house / apartment / living space look like?


 What do you see when you wake up? Who is with you?


 What do you see when you look out of the window? Where do you live?


 What is the first thing you do after getting up?


 What do you have for breakfast?


 What do you spend the first half of your day doing?


 What's for lunch? Who's it with? What do you discuss?


 What do you do in the afternoon?


 What people do you spend time with? Who are your friends?


 What is dinner time like?

 What do you do before going to bed? What do you think about?

 What good have you done for others today?

 What have you learned today? How have you grown?

 What does it feel like when going to bed after a day like this?

 If you repeat this day, how will it make your life well-lived? What will be your legacy?

Awesome! You have invested some time in answering these questions - you have invested this time in YOU.

How do you want to put these insights to use now?

How can you invite more aspects of your Ideal Average Life into your current days?

Start with small steps, keep the big picture in mind.

You deserve to live a life on your terms.