

My Perfect Day

What are the 25 elements of your perfect day?

Who would be in your perfect day? What would you do together? What would you enjoy doing alone? What activities or rituals would comprise your perfect day? What feelings would you experience? What would occur? What matters most to you during your day? Tip: Include only those people, activities, and experiences that are truly perfect for you—no shoulds, coulds, woulds, or musts. This is **your** perfect day—in this lifetime. As each item becomes a natural and consistent part of your day, fill in the preceding circle.

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Would Support Be Helpful?

Crafting and creating yourself as a perfect person is a lot more fun when you can focus with a friend, partner, colleague, or professional coach. Especially important is how you identify and articulate each of your 25 elements. Properly phrased, each element would excite and naturally motivate you. Poorly phrased, you may feel pressure to perform, or the items become just more shoulds or coulds in your life.