



The Perfect Day

This is an exercise to help you gain clarity on what is important to you for the next step in your life.

Write an essay describing your perfect day. Begin with waking up in the morning and end with going to bed at night. Write as much as you need to get through your day but make it at least 500 words or a couple of pages. If you don't like to write, you can make bullet points of phrases and words instead, or you can record your description with a voice or video recording device.

Here are some questions to consider while describing your day.

- How are you feeling when you wake up? What are you looking forward to? What time is it? Who are you with? What do you do before you start working?
- Where do you go for work? Are you at home? In an office? In a studio? On an airplane? Driving across country? Climbing a path on a mountain?
- What are you doing at work? Creating? Serving? Leading? Entertaining? Sharing ideas? Persuading others? Taking care of people? Practicing? Winning?
- Who are you with at work? Are you alone? In a team? With high power people? With children? With customers? With patients? With your family?
- What are you achieving at work? An easy paycheck? Making lots of money? Solving world problems? Improving the quality of life for a patient? Building your platform? Pleasing others? Doing good in the world?
- How are you feeling at work? Invigorated? Important? Peaceful? At ease? Challenged? Balanced? Creative? Amused? Happy?
- How long does your workday last? Is work blended with other aspects of life? Do you stop and go throughout the day? Do you leave it behind when you go home? Do you not go home? Do you take work home with you?
- What do you do after work? Who are you with? How are you feeling? How do you end your day? What time is it?

Don't feel tied down by this exercise. It's not a commitment. Write what you're feeling now, in the moment. You might have a different perfect day in mind tomorrow. You can add, subtract, rewrite, or just continue reflecting over time. But don't use that as an excuse to not write your perfect day now. Write what comes to you and let it flow.