



JOE BLOGGS
Talks!

Your Perfect Day/Your ideal day

Vision is the art of seeing what is invisible to others. -

Jonathan Swift

This exercise is about creating your vision of your perfect day. You simply write out what your ideal day would look like using **as much detail as possible**. Use all your senses in this, what do you see? smell? hear? Where would you wake up? At what time? How would you go about your day? You need to go so into detail that you can feel it.

Take your time with this. Sit down and write it all out. Get your imagination going.

Once clarified you can get to work at setting some goals in relation to your ideal day.