**How to Design Your Ideal Average Day?**

Most people think life gets better if they ‘have’ something, or ‘get’ something – more happiness, more time, more freedom, more money, a better car, a bigger house...

The truth is, ‘getting more stuff’ is not the answer to a fulfilling life.

A life well-lived consists of moments upon moments, where you experience what it is you value experiencing.

*Eg. Time with family, Reading, A hobby, Being with friends, A sports activity...*

Here’s an exercise to start with so you can language your ideal outcome instead of getting bogged down into the story of what’s not working.

**Whatever it is for you, the question to ask yourself is this – what is my Ideal Average Day? The day which, if I was to live it every day, I’d never get bored and I’d never get sick and it wouldn’t hurt anyone or me.**

You see, most people live two versions of themselves –

The ‘surface’ version that we take out to the world and think is as we ‘should’ be, and...

Our ‘core’ self – the true selves we are meant to and desire to be.

This exercise is designed for you to get back to your core. It takes as little as half an hour or up to four hours, it depends on you and how much you want to put into it.

The answer can’t be “I’d sit on the beach all day” or “ I’d do nothing all day”.

Before you do this exercise remember that your Ideal Average Day is a Work In Progress. The following exercise will instantly tell you whether you're on the right track to your dream life.

Remember this is your ideal average day, not a holiday or your day off. There are no limits, create it the way is the best for you.

Use the following questions to identify and envision your ideal life, one day at a time:

Imagine that today is your ideal average day..

1. Where would you live?

2. What would your house look like?

3. What would you have for breakfast?

4. What’s the view?

5. What are the first things you do when you wake up?

6. What’s the conversation you are having and with whom?

7. What would you spend the first half of your day doing?

8. What’s for lunch? Who’s it with? What do you talk about?

9. Who are your friends, your family? What do you all talk about?

10. What do you do all day?

11. What is your work like?

12. What do you talk about?

13. What do you have for dinner?

14. How do you spend your free time?

15. What does your evening / night look like?

**The Bigger Stuff**

15. What would you do for personal fulfilment?

16. What life purpose would you strive towards?

17. What legacy would you leave?

**Moving Forward**

Next... you set goals on how you can make this ideal your reality. It can take 12 months, or it can take 5 years. That’s not the point.

The most important is that you are starting to take steps today towards building your ideal day, you are committed and becoming the best version you can be.