

A decorative border of various flowers, including white and yellow dahlias, roses, and green foliage, is arranged around the central text area on a light pink background.

# Guided Journal

.....

*Your Perfect Day*

MALLORYGRIMSTE.COM

Brought to you by....  
**Mallory Grimste, LCSW**

*Hi- I'm Mallory!*



My pronouns are she/hers and I am here to help you improve your mental health.

You should know right away that I'm not the kind of therapist who wears cardigans and bobbles my head as you tell me all about your crisis of the week....

I'm much more interested in helping you make real, life-lasting changes.

*Let's Get Social!*





## *Gentle Reminder*

These resources have been created + curated by Mallory Grimste, LCSW as guided self-help resources and should not be considered a replacement for psychotherapy.



## *Are you my Therapist now?*

No- Although I am a LCSW licensed to practice with people physically located in the states of Connecticut + New York, enrolling and participating with these materials does not mean that I am your therapist.



## *Full Disclaimer*

You can read my full disclaimer at:  
[mallorygrimste.com/disclaimer](https://mallorygrimste.com/disclaimer)





## Welcome to the Visualize Your Perfect Day Guided Journaling Meditation Practice.

This is a great tool to use when you're struggling with motivation or feeling really stressed out, depressed, or overwhelmed.

You may be wondering, what's the point? Does this even matter? Which are some excellent questions to begin with.

This exercise is going to be a little bit different than some other guided meditations you may have done before. And that's because today we're going to be using Mindful Journaling.

What's really grateful about using journaling as a form of meditation is that it allows you to reflect and interact physically with the prompts. Feel free to express and interpret your responses however you'd like. If you find it easier to write your responses, do that. If you feel called to draw, paint, or maybe even collage your responses, do that. And if you prefer to follow along as a listening and observation meditation practice, that's quite all right too.





Let's start by making sure whatever journaling materials  
you'd like to use are nearby and get comfortable.

### **Remember to breathe naturally.**

If it helps to close your eyes during the visualizing  
portions, you can do that now. And if that's too  
distracting, then you can keep your eyes open.

You can choose to listen to this entire meditation and  
then journal about your thoughts and experience at the  
end, or you can choose to pause the video throughout to  
answer each prompt as they appear.

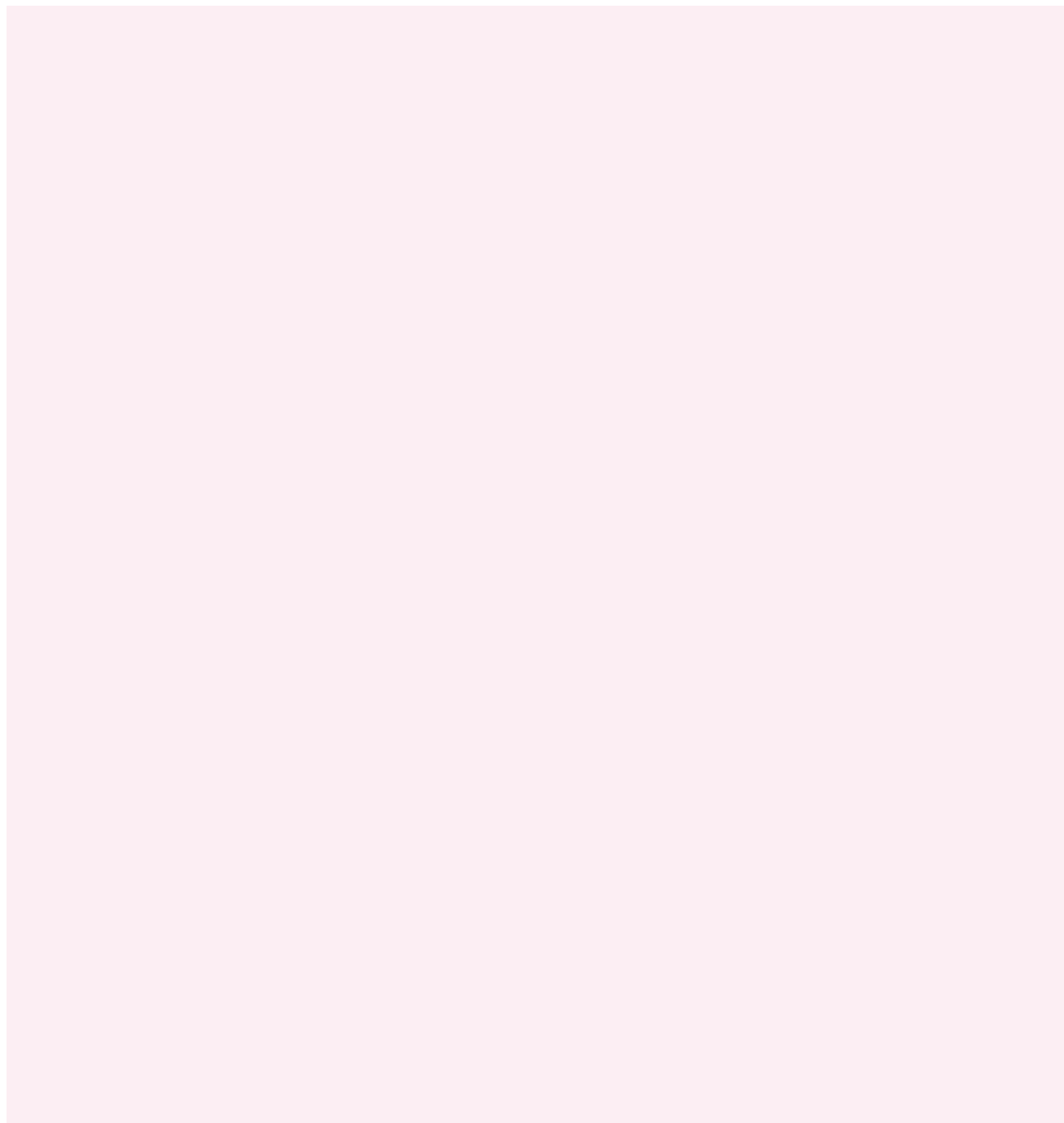
I'm here to support whatever method is inspiring and  
meaningful to you.

**Let's begin by taking a deep breath in through  
your nose and even slower out of your mouth.**



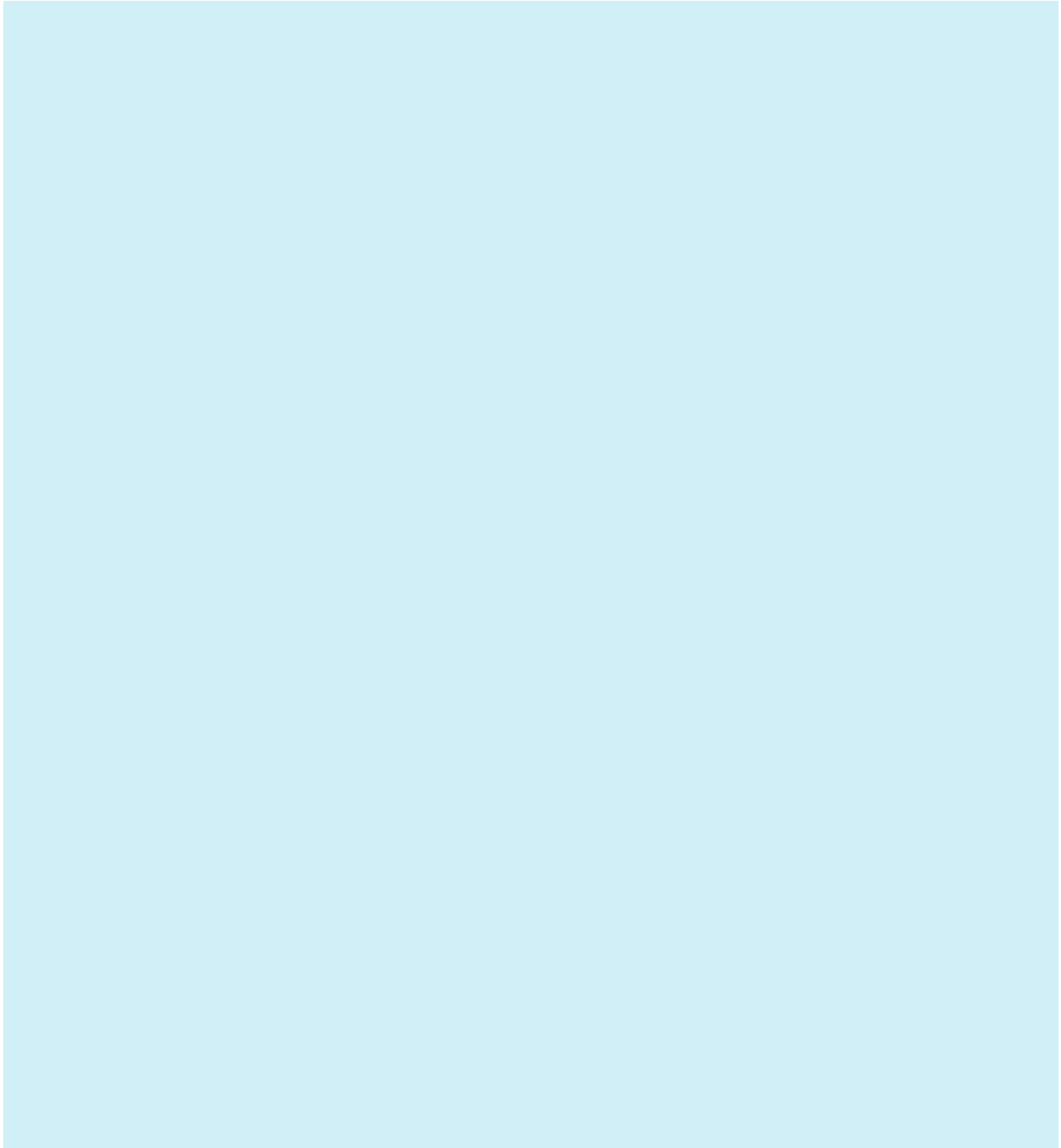
# *Imagine...*

*ias you go to sleep tonight that some miracle happens where all your problems no longer exist. Take a few moments to reflect on your response to hearing that. Does that bring up any feelings for you? Perhaps some excitement or maybe relief. Maybe that feels really scary and uncomfortable. There are no right or wrong responses. You might just feel neutral and that's fine too.*



# You Awake...

*How did you wake up? Did someone gently wake you up? Did you hear your alarm? Maybe you just naturally woke up. What time is it when wake up on your perfect day? What is the first thing that you do after waking up?*

A large, empty light blue rectangular area, likely intended for a person to write their response to the prompts above. It occupies the central portion of the page below the introductory text.



# Your Morning Routine...

*Reflect and journal your perfect day morning routine. Don't forget to visualize other elements of this perfect day that might not entirely be in your control. Like is the sun shining? Do you hear rain tapping on the window? Are you swaying on a boat? Are you in a dorm room? Go wild.*

# Your Perfect Day...

*What are your plans for your perfect day? Are you spending time with your friends? What are you doing? Are you going to school? What are you studying? Who do you speak with throughout the day? And what do you talk about with them? Are you single or in a committed relationship? Maybe you're working at your dream job or volunteering, making a difference.*

# Your Perfect Day... (cont'd)

*Go throughout your day and be as specific as possible. Don't worry if it's not realistic, this is your perfect day. Have fun with this.*



# Your Evening Routine

*It's about to be the end of your perfect day. How do you get ready for sleep? Journal your ideal perfect day's evening routine now. As you end your perfect day, what is the last thought that you have as you drift off to sleep?*

# Reflection Page

*How lovely was that? Take a few moments to reflect on your experience with this exercise. How close are you to making this perfect day a reality?*

Use your journaling responses as a guide to motivate you to make one small change today that can get you one step closer to creating that perfect day.

***This isn't about getting to your perfect day in one sleep,*** wouldn't that be great? You can make incremental upgrades over time.

You may even notice as you get closer to this day, your perfect day has changed. That's healthy to be open to new outcomes as you learn and grow.

**Come back to this visualization exercise whenever you need a boost in motivation and clarify what you're working for.**

**LET'S KEEP IN TOUCH >>**



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