

My ideal day

Visualize a day in your dream life as extensively as you can; from the moment when you wake up to the moment you go to bed. Write everything down below and try to cover every area of your life that matters to you.

Examples of how a description of my dream life could begin:

I am... I know... I feel... I live... I live with... I love... I am appreciated for...

I contribute... I enjoy... I appreciate... I like...

What does an ideal day in my dream life look like?