

My Ideal Day Worksheet

Part 1: Waking Up

Where do I wake up? (Describe the space, light, sounds, and surroundings.)

How do I feel in my body as I wake? _____

Part 2: Morning Flow

What is the first thing I do? _____

Who (if anyone) is with me? _____

What sights, sounds, smells, and tastes are present? _____

Part 3: Afternoon Flow

How do I spend my time? (Work, play, creativity, rest?)

What brings me joy, flow, or meaning in this part of the day?

Part 4: Evening Flow

How do I wind down? _____

Who am I with? What rituals or comforts are present?

Part 5: Essence of My Ideal Day

If I could capture the essence of this day in a few words, they would be:

(Examples: peace, freedom, connection, adventure, creativity, love, balance, joy)

Part 6: Bringing It Forward

What is one small way I can begin to weave this essence into my current life?

What part of my ideal day feels most alive and possible right now?

⚡ *Reminder: Your Ideal Day is not just a dream, it's a compass.*

Start with small steps and let your life gently align with the essence you've discovered.

If you would like, draw a picture or image that comes to mind that holds the essence of your Ideal Day:

