

Perfect Day Worksheet

x x

Please use this worksheet whenever you want to get realigned with your core desires and feelings. Knowing your ideal perfect day will continue to get you in alignment with the things you need to do to take action towards this intention every day.

1: Describe your perfect morning.

- What time do you wake up and how?
- Where are you waking up? What does your bedroom look like?
- Describe in detail
- How do you feel? Physically, emotionally, energetically...
- How do you spend your time?
- What do you do in the morning?
- What do you have for breakfast?
- Who do you spend your mornings with?

2: Describe how you spend your perfect day.

- What do you spend your day doing?
- How do you spend your time?
- What are the tasks, projects, and work you do?
- Who do you work with?
 - What kind of clients, colleagues, coworkers, and team do you work with?
- How do you feel? How is your energy?
- What do you do to nourish yourself and take care during the day?
- What kind of hours do you keep and what do you do during those hours?

3: Describe how you spend your perfect evening.

- What time do you wrap up from work?
- What are your hours and how do you spend them?
- Do you see anyone? Do you meet with anyone?
- What do you have for dinner?
- How do you wind down?
- How do you prepare for the next day ahead?
- What are you grateful for at the end of the day?