

Average Perfect Day

Remember this is your first draft. You can always come back to this and modify it.

Imagine this...

If there were absolutely no limitations how would your average perfect day look, feel and even taste like?

Not a day where you take out a load of cash and blow it all on sex and drugs in somewhere like Vegas, as you would probably not live very long doing that over and over again.

I am talking about your average perfect day, where you can live comfortably, happily and healthily for the long term.

So find a space if you can, a space where there are no distractions, where you feel creative. It might be in the garden, at a beach or in your study. This will help you to engage your right brain more.

Below are some questions that will help you figure this out:

The more you answer these questions with absolute conviction, the more this reality will begin to create itself for you, like it has for me.

The idea is to put down your answers with absolute conviction and reinforce this vision deep inside your mind. Your brain works on belief. The more you believe something to be real and possible, your reticular activating system located in your brain stem, that deals with your awareness and perception of the outside world, focuses more on making this your reality.

As you answer each question close your eyes, relax, take a few deep breaths and step into your average perfect day as though it is happening right now...

The Questions:

1. Where in the world would you wake up?
2. Who would you wake up next to? Or would it be alone?
3. Would you have a life partner? If so describe who they are in detail.

4. What would you have for breakfast?
5. How would you work out?
6. What would your house be like? Would you have more than one? How many
7. rooms? Swimming pools? Describe in detail.
8. What would your car be like? Describe it in detail.
9. What would you do for work? Would you have a business or your dream job?
10. If you have a business, describe your ideal customer in detail.
11. What would you have for lunch? Who would you have it with?
12. What would your friends be like? Where would they live?
13. What would you do for entertainment? Would you have any hobbies?

14. What would have for dinner? Who would you have it with?

15. What would you do before you go to sleep?

16. Describe your average perfect day in as great deal as possible!

