



90-Day Video Coaching Performance Program

Day #5 Design Your Ideal Day

The purpose of this exercise is to assist you in creating life on your terms. The way to create your version of an “Extraordinary Quality of Life” is to design each and every day of your life on YOUR TERMS! This process will guide you through a series of questions that will help you to discover what it takes to truly start living life on your terms... it will help you create a vision of what that life would look like, how it would feel...etc. Also it will help you to define a step-by-step set of daily actions you can use to then literally start living that ideal vision NOW!

There are a few keys that you will need to implement in order to get the most out of this exercise...

1. Be in a place where you will not be interrupted for at least 20-30 min.
2. Get in a PEAK STATE (get excited, stand up move around, remember a time in your life when you knew something GREAT was about to happen, remember what it felt like to be a kid the night before Christmas and how excited you were... breathe the way you were breathing, stand the way you were standing, and gesture the way you were gesturing, even say the things you were saying to yourself...)
3. Remember once you start do not stop until you have completed the entire exercise!

LET'S GET STARTED!

1. IMAGINE waking up on the morning of your “Ideal day”...(the day you have been dreaming of for years...)

- What time would you be waking up?
- Where would you be waking up?
- Who would be with you?
- How would you feel the moment your eyes opened?
- What would you be excited about?
- What would be possible in your day/life?
- What would you be grateful for in that exact moment?
- When you stepped out of bed what is the 1st thing you would do?



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- [illegible]

- What activities would you partake in?
- Who would be involved?
- Where would you be doing these things?
- How would you feel each and every moment throughout the day?
- What thoughts would be flowing continuously through your mind?
- What would this day look like in each and every step along the journey?

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.



3. Looking at your IDEAL DAY let's chunk it into sections and begin to get specific on the exact results you are looking for in each category of your life....

- Describe your health and energy on your ideal day...

- Describe your emotional state on your ideal day...

- Describe your relationships (personal intimate relationship, relationship with yourself, relationship with friends, family, people in your circle of influence...etc.)



- Describe your business, job, career, or mission on your ideal day...

- Describe your finances/ financial situation on your ideal day...

- Describe how much you would be contributing on your ideal day...(and in what ways...)

- Describe how much you would celebrate your life on your ideal day...

4. For the majority of the people in the world the reason they never reach the goal they desire is that they do not have a big enough reason to follow through... Now go back through and describe WHY is it an ABSOLUTE MUST to achieve the results you desire in your IDEAL DAY???

- Why is it a MUST to achieve the results you desire in your health and energy on your ideal day?



- Why is it a **MUST** to achieve the results you desire in your emotional state on your ideal day?

- Why is it a **MUST** to achieve the results you desire in your relationships? (personal intimate relationship, relationship with yourself, relationship with friends, family, people in your circle of influence...etc.)

- Why is it a **MUST** to achieve the results you desire in your business, job, career or mission on your ideal day?

- Why is it a **MUST** to achieve the results you desire in your finances/ financial situation on your ideal day?

- Why is it a **MUST** for you to be contributing on your ideal day? (And in what ways?)

- Why is it a **MUST** for you to celebrate your life on your ideal day?



5. Now for each area of your life, answer the following questions... What actions would you have to start taking TODAY in-order to move closer to the results that you desire in your ideal day? What daily steps could you put in place to ensure that each and every day you are making progress towards living your absolute IDEAL DAY!?

- Describe the daily actions you would take in your health and energy on your ideal day...

- Describe the daily actions you would take for your emotional state on your ideal day...

- Describe the daily actions you would take your relationships (personal intimate relationship, relationship with yourself, relationship with friends, family, people in your circle of influence...etc.)

- Describe the daily actions you would take your business, job, career or mission on your ideal day...



- Describe the daily actions you would take in your finances to create your ideal financial situation on your ideal day...

- Describe the daily actions you would take to contribute in a meaningful way on your ideal day...(and in what ways...)

- Describe the daily actions you would take to celebrate your life on your ideal day...

6. For each category go back and circle the top 2 actions that you **MUST** take each day (STARTING NOW!) in order to begin making daily progress towards living your IDEAL DAY...

7. On the ***Ideal Day/Daily Tracking System (day 4 .pdf)*** provided add the two items from each category to your ideal day action plan and begin making progress towards and measuring your RESULTS today!