

# Inside-Out Ideal Day

Craft your ideal day by intentionally training core emotional states

*Your inner world creates your outer world.  
Reflect internally what you wish to project externally.*

- My ideal experience of a standard working day would feel, look and sound like...
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- My ideal experience of a standard evening would feel, look and sound like...
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- What will you implement in the next 30 days?
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Craft your ideal day by intentionally training core emotional states

- **Guide for the ideal day practice**

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Once you gain clarity on the emotional states you wish to create you can let go of the HOW. This is when you start to create UNCONDITIONAL PEACE.

Peace is a state when you need nothing and have everything. Life becomes easy.

You are in essence whole, complete and fully loved.

Instructions for completing the prompts

1. Ensure you are in a relaxed space to ensure you are not tapping into inauthentic desires
2. Set a timer for no more than 15 minutes
3. Write out play by play your experience of the following
  - a. Morning routine
  - b. Morning tasks
  - c. Lunch
  - d. Afternoon tasks
  - e. Evening activities
  - f. Nighttime routine
4. Start out by writing the feelings (see the next page for feeling words)
5. Then use vivid description to create a movie like description of what you can see or hear
6. Write without judgement let it flow to you - there is no pressure or attachment to achieve this day. It purely IS.
7. You might like to include (based on our human needs):
  - a. Who else does this day benefit?
  - b. What is significant about it?
  - c. How does this day demonstrate your growth?
  - d. How confident do you feel in what you are doing?
  - e. How loved do you feel and how much love do you give?
  - f. How much variety do you experience?

