

Your Ideal Day

It all starts with a vision:

You can create anything you want. But first, you must dream it. So I want you to dream about your ideal day. There are no limitations or barriers. This dream vision is about how you would love to be living and working. Write down the activities you would undertake, who you would be with, what type of work you are doing, the social, spiritual or creative practices you are engaged in. All of it. Also be mindful of how you are feeling throughout your day and note that down. Remember, this is your fantasy, so don't worry about how you will make it happen, just stay in the dream for now. Answer the questions below: doodle, scribble, draw, ponder: Get creative. And enjoy the visioning process.

HOW DOES YOUR IDEAL DAY START?

Think about where you wake up / who you're with / how you feel as you start your day / what you're excited about.

DESCRIBE YOUR MORNING ROUTINE:

Breakfast / meditation / exercise / spiritual practice / etc.

DESCRIBE YOUR WORK DAY:

What are you doing for work / who are you working with / how do you feel / what projects or content are you working on / who are you serving?

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WHERE ARE YOU?

Describe where you are working and living. Are you in an office? Coworking space? Living in house or an apartment? Where do you love to be and why?

WHAT IS THE BEST PART OF YOUR DAY?

What do you love most about your day / who is your favourite person / what is your favourite activity / how do you feel?

DESCRIBE YOUR EVENINGS?:

Who are you with / what are you doing / how do you feel / evening routine / social life / down time activities

*This is space for you to brainstorm & organise
your ideal day, use it how you see fit.*

MORNING:

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AFTERNOON:

EVENING:

PICK ONE THING AND MAKE IT A HABIT:

Pick one element of this ideal day and start bringing it in to your current day for 21 days, i.e. morning ritual, creative practice etc.

YOUR NEXT STEP:

Start a Pinterest board or vision board to capture the look & feel of your ideal day. Think about home / work / people / pleasure / travel / wellbeing / food etc. Refer to it daily and update as you feel inspired to add/change.

MEGAN DALLA-CAMINA