

# Your ideal average day...

**This exercise is designed to assist you to become clear on what you want.**

So many people are clear on what they don't want, and what makes them unhappy. It's far less common to meet someone who knows what they want, what they want to experience and who they want to be with...

Most people think life gets better if they 'have' something, or 'get' something – more happiness, more time, more freedom, more money, a better car, a bigger house...

The truth is, 'getting more stuff' is not the answer to a fulfilling life.

A life well lived consists of moments upon moments, where you experience what it is you value experiencing.

- Time with family
- Reading
- A hobby
- Being with friends
- A sports activity...

Whatever it is for you, the question to ask yourself is this – what is my Ideal Average Day? The day which, if I was to live it every day, I'd never get bored and I'd never get sick and it wouldn't hurt anyone or me.

Most people live two versions of themselves –

- The 'surface' version, that we take out to the world and think is as we 'should' be
- Our 'core' self – the true selves we are meant to and desire to be.

This exercise is designed to get you back to your core.

## **Getting started...**

Simply answer the questions on the next page. It can take anywhere between half an hour and a few hours. It depends on you and how much you want to put into it.

When you answer the questions, don't think about 'how' you are going to reach your ideal average day, focus on 'what' your ideal average day is.

The rest will come later.

Where would you live?	
What would your house look like?	
What's the view?	
What would you have for breakfast?	
What's the conversation?	
What does the mundane stuff look like?	
What would you spend the first half of your day doing?	
What's for lunch? Who's it with? What do you discuss?	
Who are your friends? What do you all talk about?	
What do you do all day?	
What do you have for dinner?	

## Bigger stuff...

What would you do for personal fulfilment?	
What life purpose would you strive towards?	
What legacy would you leave?	

Your answer can't be 'I'd sit on the beach' or 'I'd do nothing all day'...

The truth is holidays only sustain us for a short time. We are designed to 'experience' life, not constantly experience 'escaping from life'.

Avoiding responsibility through long breaks from 'life' is not an Ideal Average Day – it's escapism, and no matter who you are, it becomes boring after a while. And then the question is, what do you do AFTER that?

After the holiday and the 'time out' and the 'escape' is done, and you're ready to get back into living your life and building something meaningful, what does your day comprise of?

We have a certain number of ears remaining. This breaks down into so many days. And each day is made up of... moments of experience.

What moments of experience do you desire?

Next... you go about making this ideal your reality. It can take 12 months, or it can take five years. It's not the point. By you starting to take steps today towards building your ideal day, you're committing you and being the best version of you, you can be.

Show the world who you really are.

**Linda Manaena**  
**Director and Coach**  
**[linda@yoursuccesscoach.com.au](mailto:linda@yoursuccesscoach.com.au)**  
**0419 006 064**

Source: The Coaching Institute™