

A person is relaxing on a striped beach chair on a sandy beach. The person is wearing a white top and is leaning back with their hands behind their head. The beach is sandy and the sky is clear blue. The text "Create Your Ideal Day" is overlaid on the image in a green and black font.

Create Your Ideal Day



*Congratulations on taking the first step to
live your best life.*

Life & business can be challenging at times and we all have our ups and downs. The biggest challenge my husband and I both faced when leaving our corporate roles was finding ourselves we had to find out what we wanted our life to look like as a couple and business owners.

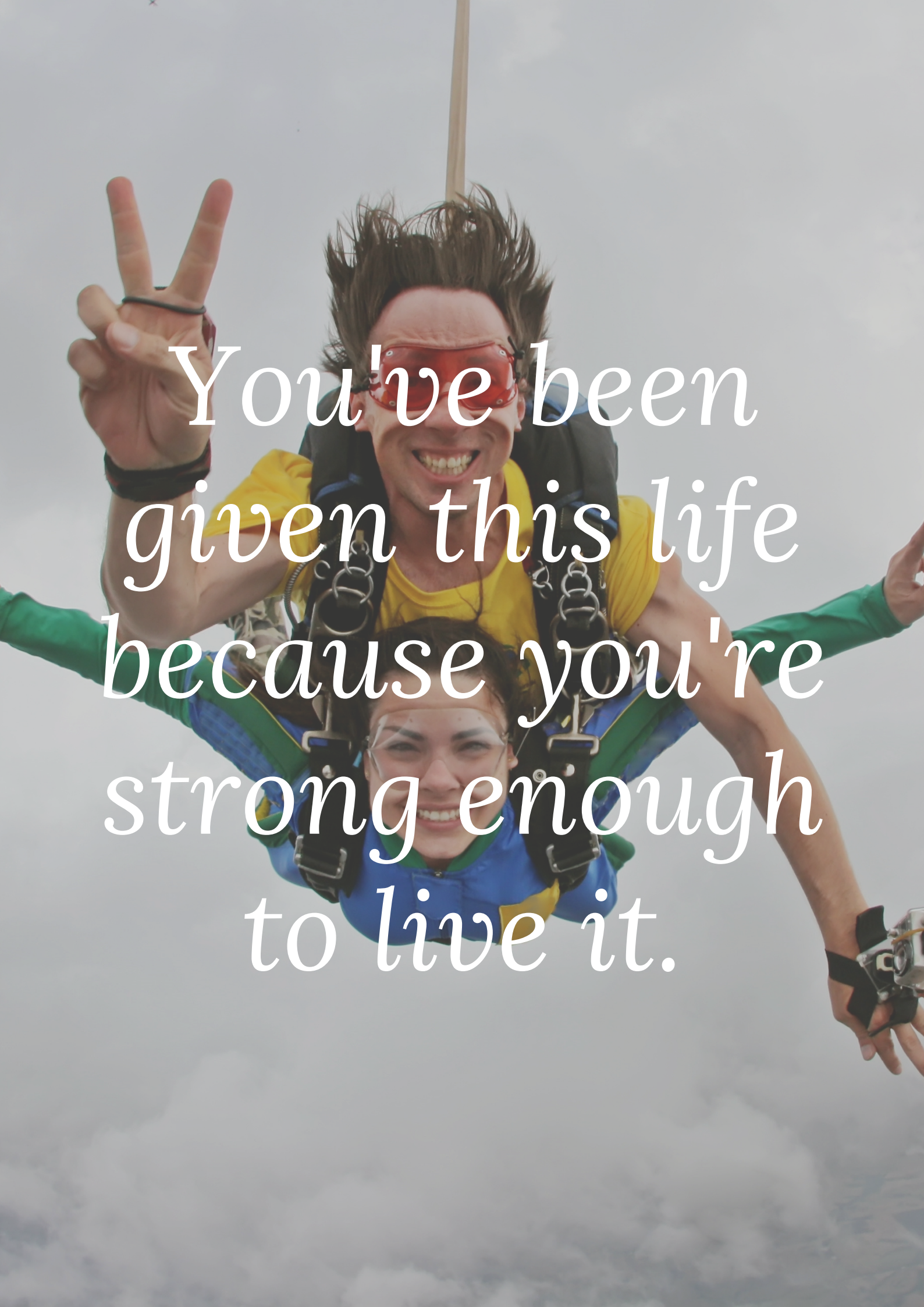
We all can lose our identity as we go through different stages of life.

Living life authentically is not as easy as it sounds. In this workbook you will start to explore one of the key fundamentals that we have used to reclaim our life and go from strength to strength in our relationship & business. We hope you get as much from doing this short but powerful exercise as a step to living your best life!



Some questions you can ask to zero in on your primary aim:

- What do I wish my life to look like?
- How do I wish my life to be on a day-to-day basis?
- How much time will I be spending in my business?
- What each day looks like, how much time do I spend on myself and business?
- How would I like to be with other people in my life—my family, my friends, my business associates, my customers, my employees, my community?
- How would I like people to think about me and my business?
- What would I like to be doing two years from now? Ten years from now? Twenty years from now?
When my life comes to a close?
- What specifically would I like to learn during my life—spiritually, physically, financially, technically, intellectually?
- How can I give back in the community?
- How much money will I need to do the things I wish to do?



*You've been
given this life
because you're
strong enough
to live it.*

let's begin

there's freedom that comes when you know what you're doing

We start your journey by getting you into the right mindset and the first step in the process is creating a vision of your ideal day.

The "My ideal day" worksheet is designed to get you thinking of what you would picture as your ideal day. This is a powerful tool for living more consciously – because it helps you to find all the little spaces that you may be missing once you get clear on this our life & business started to work fall into place.

When you start focusing on the details and I mean every little detail, think about all of the senses, the scenery and the emotions you want to be feeling. You need to focus on topics such as family, friends, romance, business, finances, health (your emotional, physical, fitness, nutrition, well-being), fun, personal growth and self-development.

This is YOUR ideal day.

When I first started working on my own ideal day, I found it hard to write down the details, so I found a quiet space and closed my eyes and started to visual what it would be like without anything or anyone holding me back. I also used other people's examples to get me started, your day can change it is not set in stone, just get started!

My ideal day started with just a vision of us waking up in our favourite holiday destination, we were able to go there each year and still run our businesses it went on from there going for a walk with our dogs, having breakfast before we started our few hours of work. As I continued through the day my visual of us in that day really became clearer. Later on in the workbook I have given you a small example of our ideal day.



Now, the obvious point here is that the ideal day is not necessarily what you can expect to live every single day of your life. Your day to day life is going to vary once you factor in things like relationships, having kids, maintaining a social life, the weather, and so on. I'd love to be at my favourite holiday destination every day, but we have to be practical. Week days will look different to weekends, winter will look different to summer, and so on. There'll be a natural ebb and flow in your lifestyle, and that is normal.

Your ideal day will look different to mine. Perhaps you don't want to start your day with a walk or exercise. Perhaps you prefer to spend your weekends playing golf, hiking in the wilderness, or building your own furniture out of recycled wood. There is no right or wrong. It's all about what you want. To maximise your career and achieve a happy life-work balance, you need to know what you're striving for.

And that starts by answering this question:

What does an ideal day look like for me?

"How we spend our days is how we spend our lives" ~ Annie Dillard

questions..

Something to think about

Here are some questions and prompts to help you get started.

Where do you wake up?

Do you wake up with anyone?

What is the view e.g. beach, country, city?

What does your bedroom look like?

What is the first thing you do when you wake up? Put real emotions and visions here - imagine the sheets, the feel of the sun beaming in as you stretch out.

What does your house look like as you move around in the morning?

Include the rituals you want to be included e.g Pilates, mediation, gratitude journal, getting a cup of coffee (imagine the smell and where you are sitting)

What do you have for breakfast?

How is my health?

What is the conversation?

Then after breakfast what does your day look like?

What work are you doing?

Who do you socialise with during the day ?

Where do you have lunch and who with? What does the everyday stuff look like - who does the cooking, cleaning, ironing, looking after the kids, etc.

What would you do for personal fulfilment and self care?

What life purpose would you strive towards - a year from now I would be ecstatic if I was earning xxx, traveling to xx, List your dream, ambitions.

There is an endless list of questions I could suggest, the most important thing to remember when completing this task is that this is YOUR ideal day.

It could be you & your partner especially if you are in business together.

it is all about YOU..

This is a small example of our day, we love our ideal day we often remind ourselves as our life get's hectic and sometimes out of control with our businesses that this is our focus and it quickly brings us back to the present and reminding ourselves that we were not here on this earth to work flat out and pay bills, we are here to enjoy our life & business at the same time.

The sun is just about to come up and I can hear the activity along the river I open the shutters and look out at the beautiful river view. We are in our apartment in Noosa, our dogs Alfie & Luna jump on the bed and they are ready for their morning walk along the river, how wonderful that we can spend the winter months up in our apartment in Noosa & the vision of our business we had a few years ago - where Brenton can run his business from anywhere has evolved and although he may have to pop down to Melbourne from time to time during the winter, he loves that the our business is a success and he is able to be away a few times of the year. We both get up and put on our walking shoes and take our morning walk along the river stopping for a coffee and chat with the other locals the mornings up here in winter are beautiful the smells of the sea air & the activity is all part of what we love about Noosaville. We love our morning walks and it gives us time to connect chat and talk about our businesses, grandchildren & girls and plans and goals. I didn't realise when writing this day a few years ago how wonderful this lifestyle would be and having the time to do this everyday before I get started on my daily morning DMO & morning daily habits which have been a huge part of my day that helped me to get to this amazing life, this is all finished before I start emails and phone calls with clients & my team, its so important for our health, wellbeing & mindset. The zoom calls are booked in for later today I love inspiring my team & being able to help them grow & have their ideal day is what I love, Brenton and I. relationship has grown and to have this time together every morning is something I cherish. Brenton too has learnt to love my daily DMO's & incorporates them in his morning routine along with his daily weights and exercises etc etc

you get the idea now?



As we got older we realised a few things:

- Working hard without a goal in mind can easily move us further away from where we really wanted to be.
- The main thing that we wanted more of in our life was freedom to choose how our day went.

To have more days like that, we needed to know what those days should look like.

This exercise makes you realise that in order to make time for the things you really want to do, you need to stop doing the mindless things you are currently doing.

Have fun & don't be afraid to DREAM big and have the best days of your life.

Jules

ONE
LESS
THING✓

SOCIAL
MEDIA
MANAGEMENT✓