

The Perfect Day Imagination Exercise

1. Spend twenty minutes just imagining what a 24-hour day would look like where you were fully living out the ideal purpose for your life.
2. Write down hour by hour what your perfect day would look like.
3. Be as specific as you can about your feelings, what your environment looks like, smells like, and people that you are around.
4. What time you wake up, travel, eat, meet, etc. Make every aspect detailed and vivid as possible.
5. Write down how you would feel inside as you go through your day.

After you've gone through this initial brainstorming process outlined there, you'll take all the information and write as a narrative story called "A Day in My Perfect Passionate Life" authored by you.

If you want to go the extra-mile, write a narrative for your Perfect Week!

Take the Perfect Day and write out a perfect week by repeating the Perfect Day process for seven consecutive days. Watch out this could become motivating!

