

Living Your Dream Exercises

Exercise 1 – Identify Your Ideal Day

Isn't your life just a series of days? So, if you can get clear on your ideal work day and ideal play day, you will be a lot closer to identifying your dream.

Instructions:

1. Write out, in as much detail as you can, your ideal day.
2. I recommend starting with an ideal work day, then an ideal play day.
3. Be as specific as possible, focus on things that make you feel great!

Example:

My ideal day: I wake up, at dawn, go into a day room area and reflect on life. I may go out into the yard or patio, or sit in a comfortable chair inside looking out, resting and meditating on being, existing, feeling grateful and content. After 15 minutes or so, go up to my work area. My computer is on, a look over my plans for the day, know my plans and do some reading or writing. I may run some days, I may lift some weights other days, perhaps even a swim; all involve some sort of stretching/martial arts practice as well as being followed by 15 minutes or more of meditation. I then return to some type of writing, email, or have my first client call.

Breakfast with my wife is next, the children have since "left the nest", we discuss our day, the previous day or the days ahead. We may make love prior to breakfast, have breakfast on the porch, in bed, on the deck, wherever feels most comfortable. The breakfast is healthy, food for energy and for life. We clean up for breakfast, shower and dress.

(Just keep going on and identifying every little piece of the day!)

Exercise 2 – The Critical Areas of Life

Another way to go about identifying your dream or vision is to look at the key areas of your life (similar to the Wheel of Life Tool you likely did during your discovery process). Some people love this exercise, others find it too overwhelming. It's up to you! This is just one of three suggested exercises to help you identify your dream.

Instructions:

1. Identify what you want for each of the following areas of your life. Again, be as specific as you can!
 - a. Love
 - b. Family
 - c. Business/Career

- d. Finances
- e. Health/Fitness
- f. Peace of Mind/Spirituality
- g. Physical Environment
- h. Recreation

Exercise 3 – The Future Letter

Instructions:

1. Pretend it is one year from now and you are writing a letter to someone you care about who would want to celebrate your success. Share what has transpired and what you have accomplished during the past year in your business.
2. The goal of this exercise is to identify your objectives for the next year. This format helps connect with what you really want, not what you think you should do. While you can certainly write whatever is compelling to you, important areas to address are:
 - a. What your business looks like (amount of time working, average income per client, number of clients, total revenues generated)
 - b. How you feel about your business/work life
 - c. Your business infrastructure
 - d. Marketing Strategies
 - e. What your typical day looks like.
 - f. Anything that is important to you regarding your business.

For maximum effectiveness, balance *what you would love* to happen in your business with *what you believe* can happen.

Okay, right now, begin working on your dream! Too many people don't do these types of exercises because they make it such a big deal! It doesn't need to be a big deal! And it doesn't need to be perfect! In fact, there is no perfect! This is a work in progress and always will be. But the universe rewards focus, intent and action. Pick one of these three exercises and spend 15 minutes on it right now! If you like, you can do all 3! HAVE FUN! ☺