

*Episode #24 notes:* The Perfect Day Exercise

1. What country do you live in? What is the weather like? Describe the scene.

2. What kind of house / flat do you live in? What is your workspace like? What are your surroundings when you wake up?

3. Who do you live with?

4. At what time do you wake up? What is the first thing you do when you wake up? Do you have a morning ritual? What do you have for breakfast? Who do you eat with and where?

5. What do you do for work? What does the main bulk of your work consist of?

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6. How many hours a day do you work?

7. What is it that you are known for? What is the one thing that people think of you when they think of your name?

8. Who is in your network? Who do you hang out with and speak with regularly?

9. What does your lunch break look like? Do you eat alone or with friends/family? Do you eat at home or go out? Do you have 'working' lunches and meetings?

10. What other activities do you do in your day? Do you exercise? What hobbies do you have?

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11. How do you spend your afternoon? Are you still working or are you able to take it off? If so, what do you do?

12. What do you do in the evening? Go out with friends/family? Where do you have dinner? What activities do you do in the evenings?

13. What exciting plans are you currently working towards? What do you have in the pipeline e.g. travel plans/conference/retreats?

14. What do you feel as you end your day? What kind of emotions do you have? What thoughts do you think?

15. What amazing goals/achievements have you hit during your Perfect Day? (e.g have you hit a specific financial goal? Have you been invited to guest speak at an amazing event?)