

Perfect Ordinary Day



Set a timer for 20 minutes

Take a notebook or a sheet of paper and imagine your ideal ordinary day.

Picture it from the moment you wake up until you go to bed. What does it look like?

More importantly, what does it feel like?

As you write, imagine you are already living this day. Write in the present tense, as though it is happening right now. The more detail you include - the sights, sounds, feelings and little moments - the more real it becomes.

The Flow of your day

Walk through your day from morning to night.

- How do you start your morning?
- How do you spend your time?
- What activities fill your day?
- What helps you switch off and unwind in the evening?

Think about the moments that make you lose track of time.

What makes you excited to get out of bed each morning?

Community and connection

Who are the people in your day?

- Who do you spend time with?
- What conversations, meals, adventures, or quiet moments do you share?
- How do the people around you make your life richer?

Fulfilment

What gives your day meaning?

- When do you feel most valued?
- What gives you a sense of purpose?
- What makes you feel like you're making a difference?

Your environment

Where are you?

- Are you surrounded by nature, a busy city, the countryside, or somewhere else?
- What places make you feel calm, inspired, or energised?
- What sights, sounds, colours, or views help you feel your best?

How your day feels

How do you want to feel throughout your day?

Perhaps you feel:

- Relaxed
- Confident
- Energised
- Free
- Peaceful
- Curious
- Joyful

What gives you those feelings?

What are the little everyday moments that bring you comfort and happiness?