

The Gap



Set a timer for 10 minutes

Now compare your **perfect ordinary day** with your **current reality**.

For each area below, give yourself a score from **1 to 5**, where:

1 = Not at all like my ideal day

5 = Almost exactly how I want it to be

The flow of your day

1 2 3 4 5

Community and connection

1 2 3 4 5

Fulfilment

1 2 3 4 5

Your environment

1 2 3 4 5

How your day feels

1 2 3 4 5

Take a few moments to notice what stands out.

- What's already working well?
- What's missing?
- What surprised you?
- Where could you use more support or guidance?
- Which area would make the biggest difference if it improved?

Remember, the goal isn't perfection. It's simply to understand where you are now and where you'd like to move next.

As you look at your scores, notice what catches your attention. You might already be closer to your ideal day than you realised. Equally, you may spot one area that's asking for a little more time and care. That's where your next step begins.