



## Your Perfect Day – A Visualization Exercise

In this exercise, you will imagine and visualize your life at a point in the future – maybe 1-year, 5-years or 10-years down the road. In as vivid detail as you can, you will visualize your perfect day, starting from the moment you open your eyes in the morning, all the way through to when you go to sleep that night.

You can read the description below several times, then do the exercise by memory with your eyes closed. There is no wrong way to do this.

Spend as much in this exercise as feels natural and enjoyable. Aim for roughly 15-20 minutes total, including the post-exercise reflection and journaling.

Ready to begin? Grab a notebook and pen to have handy for after the exercise. Sit in a comfortable position, close your eyes and take 4-5 deep breaths. Prepare to enter your perfect day :)

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### *It's morning.*

Get out of bed and proceed into your perfect day.

How do you start your day? What do you do on this glorious morning?

Who will you see? How do you feel? How will you savour this experience?

### *Continue into the afternoon.*

What will you do on this perfect afternoon? Take your time to really enjoy this day, observing the sights, sounds, smells and textures around you.

### *It's evening time.*

What is happening for you? Who are you with?

How does it feel to be you on this magnificent day?



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Whatever you are doing, take the time to soak up the experience.

***It's time for bed.***

Notice how you feel in your body, having had this perfect day. You walk by a mirror and you catch a glance of yourself. You pause and smile to yourself in the mirror, noticing a deep sense of joy, fulfilment and purpose.

You slip into bed, close your eyes, and say to yourself “what a day!”

***Come back to the present moment.***

Gently return your focus to your breath.

Wiggle your fingers and toes, and slowly open your eyes.

Grab your notebook and jot down whatever is alive in you from the experience. This could be vivid images, phrases, potent emotions, things you saw, or something that surprised you. Perhaps these elements will offer insights into what you would like to create in your life.

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**General suggestions to support your visualization.**

Allow the day to flow naturally and let your thoughts, emotions and imagination unfold with ease throughout exercise. One option is to ‘chunk’ the day into several blocks of time, like having a morning, afternoon, and evening ‘chunk’ or scene to imagine.

Observe as much detail as you can, including your clothing, the ambiance, and the people you are with. Notice any sounds you can hear — music, laughter, other people talking, sounds of nature.

Really pay attention to your body and any sensations and emotions you can access. Take your time with the peak moments throughout the day, savouring the experience.

You can do this exercise multiple times if you like, either revisiting the same sequence of events during the day, or you can create new experiences in different visualizations. I hope you enjoy the process!

