

EXERCISE AND TEMPLATE

# *Create the life you want*

**MY AVERAGE PERFECT DAY**



# *How can the average perfect day exercise help you create the life you want?*

This exercise isn't just about setting goals for the life you want; it's about helping you create real meaning and purpose.

Some people have a clear idea of their perfect day. Others might feel stuck in their daily routine, unsure what they'd do if they had one handed to them.

Wherever you are on that spectrum, this exercise will guide you through what your ideal day could look like. Think practically about what your day would involve.

## **What would your perfect day consist of?**

*Grab a notebook and jot down your thoughts:*

- Where would you wake up?
- What time would you wake up?
- How would you feel when you wake up?
- What's the first thing you do?
- What does your morning routine look like?
- What's for breakfast?
- When and where would you go to work?
- What kind of work are you doing?
- What's for lunch?
- What time do you finish work?
- What's your evening like?
- When do you go to bed?
- Where does exercise fit into your day?
- How do you connect with friends or family?
- What hobbies or activities do you enjoy?



## *Add feelings to your perfect day exercise*

Once you've answered the questions, go back and note the emotions or feelings connected to each one.

There's no need for long descriptions – just single words like energised, happy, content, peaceful, rested, or connected.

### **Next, grab three different coloured highlighters.**

- Use one colour to highlight the parts of your perfect day you already have.
- Use another colour for the things you don't have but are realistic.
- Use a third colour for the things you don't have yet that would be a stretch.

From there, take what you've highlighted from the second and third categories and turn them into goal statements.

Finally, write up your Average Perfect Day (you can use the template provided or your own) and display it somewhere visible – like your office wall, fridge door, or next to the bathroom mirror.

If you're unsure how to start, there's an example of my Average Perfect Day on the next page.

I now live my average perfect day Monday to Friday. Even on days when I can't, the one thing I never skip is my morning routine. I know if I start my day right, the rest falls into place!



# *My Perfect Day*

- 07:00** Wake up, cup of coffee sit in silence looking out of the window, day dreaming
- 07:30** Morning stretch - currently using Tom Morrison on You Tube
- 08:00** Enjoy a satisfying breakfast
- 08:30** Start work
- 10:00** Play break - housework activity/morning coffee
- 10:30** Client work/preparation for training
- 12:00** Lunch break - food plus walk
- 13:00** Client work/planning
- 14:30** Play break - housework activity
- 14:45** Client work
- 16:00** Finish work & go for walk to the beach with my sister or do my planned workout
- 17:30** Prepare & eat tea
- 18:30** Read/self development
- 20:00** Watch TV
- 22:00** Into bed, read and relax



# *My Perfect Day*

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

23:00



# *Thank you*



## **Wondering why you should trust me?**

I'm Joanna Stokes, a career and leadership coach with over 25 years of experience, including 18 years in Further Education. I specialise in helping busy leaders, like you, save time and sharpen their leadership skills.

Through coaching and practical strategies, I support leaders in FE to become happier, more effective, and productive, without sacrificing their well-being. I'll help you master crucial conversations, build resilient, motivated teams, and create the space you need to recharge.

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