Ideal day, ideal month, ideal year

*"A journey of a thousand miles begins with a single step"*



The aim of this exercise is to take a step back and allow yourself to consider what your ideal day, week and year would look like. It assumes you have a good measure of control of your time, although there will be some fixed commitments you can't avoid.

The exercise is aimed to help you reflect on both your work life and home life in relation to all 3 elements. As much as possible, allow your imagination to plan the perfect day, perfect week and perfect year you would aspire to:

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| **1. Describe your Ideal day** |

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| **2. Describe your ideal week** |

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| **3. Describe your ideal year** |

*Exercise developed by George Kinder, Kinder Institute of Life planning*