Love-Based Goals Circle with MichelePW Exercise

EXERCISE: Define Your Perfect Day

This exercise is designed to help you dial in on the goals that are most important to you, that will enable you to live each day happier and more fulfilled.

I encourage you to write by hand rather than using a computer, so if you haven't already, take a moment to print out your workbook. Writing by hand is a totally different way of accessing your brain, which means you're likely to receive information in a different way.

Take a moment to imagine a day in your dream life. Not a day where you're "on vacation," but a day where you're doing your dream work.

Now, pick up a pen and describe that day. Make it as detailed as possible. Below are a few questions to get those creative juices flowing:

- * How are you waking up? (Are you waking up with the sun? Is an alarm waking you up? Something else?) What time is it?
- * What does your bedroom look like?
- * Where is your house? What does it look like?
- * What do you eat for breakfast?
- * What is your morning routine? (Are you meditating? Doing yoga? Taking a swim?)
- * What exactly are you working on?
- * Who are you working with? (Consider your clients, customers, buyers, and team.)

Have fun with this. You're describing your perfect day! It should be enjoyable.

- * How are you feeling throughout your day?
- * When do you wrap up your day?
- * What is your evening routine?

Describe your perfect day:		

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Note: If you're NOT having fun, it may be that you're not actually describing your perfect day.

EXERCISE: Create Your "Perfect Day Goals List"

Chances are, the "Perfect Day" you described in the previous exercise is different from your typical day now.

With that in mind, what needs to happen for you to LIVE your perfect day?

For instance, maybe you need to finally start your business, write your book, or work on your art. Maybe you need to take steps to turn the business you have into the business you want, or move to a new house, or publish your book, or change the relationships in your life.

Start working on your "Perfect Day Goals List" here:

Perfect Day Goals List

To start LIVING my Perfect Day, I will:	

EXERCISE: Turn Your Goals into Specific Action Steps

In *Love-Based Goals*, I share three approaches to this process. Choose the one that you feel will work best for you.

Approach #1: Post-it Notes

For each goal, brainstorm all the steps you need to take to achieve your goal. Write each step on a Post-it Note. Get really granular, here.

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For example, let's say you plan to launch a new product in six months. At first, you may think the first step is "Create the new product." But that can still feel overwhelming, right? So break that step down into smaller steps, like outline the new product, write each section, record videos for each section, etc.

Get yourself a stack of Post-it Notes and get started!

Approach #2: Reverse Engineering

Write down a single goal:

This approach is all about first figuring out exactly where you want to end up, and then reverse engineering the steps you need to take to get there.

Next, write down the specific steps you have to take to achieve it:
Step 1:
Step 2:
Step 3:
Step 4:
Step 5:
Step 6:
Step 7:
Step 8:
Step 9:
Step 10:
Approach #3: Creating Systems This approach empowers you to create systems instead of goals so that as you complete your system, you'll feel good about yourself.
Take a moment to think about one of your goals. Write it down, here:
Now, take a moment to journal about how you can create a system that will help you achieve your goals:

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