

Visualize Your Perfect Day...

How you spend your days is how you spend our life...

What does your average perfect day look like?

What time do you wake up?

What do you do once you are awake?

Do you kiss your beautiful spouse? Children? Favorite pet(s)?

Do you open the windows to greet the sun, then head to the beach to do your 20 minutes of Sun Salutations and 10-minute meditation?

Do you say "Thank you" for all the blessings that you've been given?

Then what do you do?

Write it down as detailed as possible, outlining your average perfect day step by step. Focus on the word "average". It shouldn't be a day where you go on vacation, get married or bump into Johnny Depp while shopping at the flea market. It should be a day that you re-live over and over again, without getting bored, exhausted or overwhelmed.

<https://www.lifehack.org/articles/productivity/one-the-best-goal-setting-exercises.html>