

# Resources

## YOUR PERFECT DAY



What does your perfect day look  
and feel like?

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# Your Perfect Day

This powerful exercise uses your imagination and engages your unconscious mind, creating a detailed blueprint of your life using the power of focused visualisation. In this exercise, you will imagine your perfect day in great detail. Give yourself permission to let your imagination go wild with this one. Make it as far out and as wonderful as your wildest dreams. Getting fully involved in the imagining with this exercise will open up your creativity, and you'll be surprised at the things you will learn about yourself. You may want to burn the first one to release the energy and prepare yourself for this one.

In the context of this resource, the perfect day is about creating a life you love. However, I think it's important and fun to bring all kinds of material things in and dream as big as you want.

Note: This resource shares only a few perfect-day questions. Nevertheless, get fully engaged in the process. You'll be surprised what comes up.

## Step 1

Take a pen and paper, find somewhere quiet and answer the following questions. It's important to answer them in the present tense as if you are experiencing them and be as accurate and detailed as possible. Really let your imagination run away with you but try to keep an element of realism.

Some people might find it easy to imagine a million-dollar house. In contrast, others will find it difficult to imagine more than a small apartment. It doesn't matter. Just do what's comfortable while still thinking as big as you can. And remember, you can always do this again at a later date. Don't worry if the exercise takes several attempts to finish; just be sure the answers are truly what you want.

**Ready, here goes...**(remember to write your answers down)

- What time do you wake up, and how do you feel?
- Where are you, and what do your surroundings look like?
- Who are the people you interact with throughout the day, and how do those make you feel?
- What type of activities are you engaged in, and how do they align with your dreams, values, passions, purpose and vision?

- How do you take care of your physical, spiritual, emotional and mental health?
- What types of food and drink do you consume, and how do they nourish your mind, body and soul?
- What type of work are you doing, and how does it contribute to your overall purpose and fulfilment?
- What type of activities (relaxation or exercise do you engage in?
- How do you end your day, and what type of environment do you sleep in?
- How do you feel at the end of the day, and what key takeaways can you apply to future perfect days?

## **Step 2**

When you have answered the questions, write your perfect day story, and bring it alive.

## **Part 3**

Now for the really exciting bit.

### **Bringing it alive**

- Create a scene in your mind of an imaginary movie theatre. Imagine yourself sitting in the centre of the front row
- In front of you is a large screen, and on it is the start of your perfect day story
- Start the movie and run your story all the way to the end
- At the end of the movie, freeze the last frame
- Turn up the colours, the brightness and the sounds and imagine yourself walking into the movie on the screen
- Fully absorb yourself into the you on the screen
- Restart the movie and become the star of your perfect day
- Run the movie several times at normal speed while experiencing all of the wonderful colours, sounds and experiences of the new you. See the sights, hear the sounds and feel the feelings
- Then freeze the last frame
- Repeat the process until this feels real and exciting

This technique lets your unconscious mind know that this is your reality and will conspire with you to make everything in the movie happen. Read through your perfect day often and run the visualisation exercise several times. Muse on this as you go about your day. You can even do this as part of your daily meditation or walk. And don't forget to watch for the changes that show up in your life and record these in your journal.

## **Identify Life Categories**

Reflecting on your perfect day in the various life categories. This can also be a powerful way to consider who you are and want to be.

1. Family, Friends And Relationships
2. Health And Wellness
3. Career, Work, Or Business
4. Personal Growth And Development
5. Financial
6. Community And Social Connections
7. Creativity And Hobbies
8. Spirituality Or Religious Beliefs

As you reflect on these life categories, consider how you currently show up, who you are, the roles you play and how you want to show up in each area. What changes do you need to make to align with your desired self? Remember that this is an ongoing process, and you will continue to evolve and grow throughout your life. The first step is becoming aware of who you are and want to be.

## **Time For Reflection**

Simply reflect on what comes up for you and any areas of resistance. What does this tell you? Explore and explode with a reframe.

## **Set Goals**

The next step is to set your goals and create an action plan.

## **What Next?**

Head over to <https://daledarley.com/work-with-me/> to discover how to work with me.