

THIS IS A WONDERFUL DAY AND I HAVE NEVER SEEN THIS ONE EVER BEFORE!

- Maya Angelou

MY IDEAL DAY!

LET YOUR IDEAL DAY UNFURL. WHAT TIME DO YOU WAKE UP? WHAT'S YOUR MORNING ROUTINE? WHAT TIME DO YOU GO TO BED? WHAT DO YOU HAVE FOR BREAKFAST, LUNCH AND DINNER? WHAT ARE YOU DOING AS A CAREER? HOW ARE YOUR FINANCES? HOW DO YOU FEEL ABOUT YOURSELF? WHAT DO OTHER PEOPLE THINK OF YOU? WHAT ARE YOUR RELATIONSHIPS LIKE? (FRIENDS, OTHER HALF, FAMILY) WHAT ARE YOU DOING TO BE HEALTHY? WHAT ARE YOU LEARNING? WHAT DO YOU DO TO LOOK AFTER YOURSELF?

A large rectangular area with a light purple background, containing 20 horizontal dashed lines for writing.

I WILL BE LIVING MY IDEAL DAY BY: / /20

