



TAMI HACKBARTH

100% GUILT FREE SELF-CARE

Your assignment is to read through the exercise and fill in the blanks with answers what would be true in your IDEAL day. Is this the way we currently live? Not most of us, but the intention is to find out what your heart desires your life to look like and to make subtle (and sometimes not-so-subtle) changes to make our actual life better resemble our ideal life.

IDEAL DAY: Work Day Edition

On my ideal work day I wake up to the sound of _____
at _____(time) after _____ hours of sleep. I feel _____
and _____. My first thought as I set my feet on the floor
is _____.

I begin my day with some _____(beverage) and _____
(favorite breakfast) and allow myself
_____ to prepare for the day. Before I
leave the house I have packed _____(snacks) and
_____ (lunch) in order to keep my energy level up
throughout the day. Before I leave for work I've already planned my
movement and quiet.

My exercise plan is to _____ with
_____ and I have all my _____ with
me to be sure it gets done. I've planned my quiet meditative time for
_____.

Before the I start working, I _____ and
_____. I chose these because they make me feel
_____ and _____.

At lunchtime I eat with _____ (self, coworker, BFF) in
_____ (place) .

My afternoon is spent _____ and I feel _____.

I'm planning to _____ leave work by
_____ in order to make it to _____
on time.

Dinner is shared with _____.
_____ cooked by _____.

After dinner I _____ and
_____.
At the end of the day I feel
_____.

Reflection questions:

What are you already doing in your current life that you would do in your ideal life?

What is dramatically different in your ideal life?

What changes can you make now in order to get closer to your ideal life?