

Your Ideal Day

There are no wrong or right answers here. Your ideal day is just that, YOURS. Imagine how your day would flow if you were able to do everything you dream of.

As women, we always have responsibilities that we can't necessarily ignore or juggle around. But outside these time constraints, you are free to create your day as you please. How do you want to spend it? Who, if anyone, do you want to spend it with? Doing what? Going where? Do you wish you could workout? Or spend less time on Facebook? Start a hobby?

Also, a big part of this exercise is becoming clear on areas in your life where you might be really "busy" but not necessarily productive.

Even if you don't believe your Ideal Day can happen any time soon, or even if you think the things you see for yourself are insignificant or silly (they aren't), they will be that much further if you don't get a clear vision on it. Your first step is to create this image in your mind and start to visualize it daily and then implement it slowly. See this sample to get you started.

SAMPLE IDEAL DAY EXERCISE

	Desired	What it looks like now
5 a.m.	sleep	sleep
	wake up / journaling	sleep
6 a.m.	kids wake up	wake up with kids
	kids breakfast	kids breakfast
7 a.m.	take kids to school/school bus / go to work	take kids to school/school bus / go to work
		go back to sleep
8 a.m.	workout	Facebook
		Facebook
9 a.m.		workout / coffee morning
	errands	coffee morning
10 a.m.		errands

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	cooking	errands
11 a.m.		grocery shopping
noon	shower / quiet time	
1 p.m.		
		cooking
2 p.m.		Facebook
3 p.m.		
4 p.m.	kids home from school	kids home from school
	feed kids	feed kids
5 p.m.	homework / kids activities	homework / kids activities
6 p.m.	workout (if you didn't do it in the morning)	
7 p.m.	feed kids	feed kids
8 p.m.	kids bedtime	kids bedtime
	quiet time with hubby	watch tv
9 p.m.	Epsom salt bath	Facebook
	reading / meditation	
10 p.m.	sleep	sleep

Your Ideal Day

	What it looks like now	Desired
5 a.m.		
6 a.m.		
7 a.m.		
8 a.m.		
9 a.m.		
10 a.m.		
11 a.m.		
noon		
1 p.m.		
2 p.m.		
3 p.m.		
4 p.m.		
5 p.m.		

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6 p.m.		
7 p.m.		
8 p.m.		
9 p.m.		
10 p.m.		