

Living Your Values?

Instructions:

Create Your Ideal Day Exercise

Step 1: Take a moment to relax and reflect on visualizing your perfect day (this could be a day that you have experienced or how you like to spend your leisure time. Please note that nothing is stopping this day from being possible – remove all constraints)

- What would you be doing?
- Who would be with you?
- Where would you be?
- What can you see, hear, taste?
- How would you be feeling?
- How would your day progress?

Step 2: Capture these thoughts below (you can write a paragraph, draw a picture, create a collage from photos/cutouts etc – whatever works for you). Use a separate sheet if necessary:

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Step 3: Reflect on the above and define – what is important? What do you truly value from this perfect day? Capture these thoughts below