

THINKING  
LEADERS

# AWARENESS

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## Your Ideal Average Day

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[WWW.THINKINGLEADERS.COM](http://WWW.THINKINGLEADERS.COM)

## IDEAL AVERAGE DAY EXERCISE

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### What moments of experience do you desire?

The answers can't be 'I'd go on holiday' or "I'd lie in bed and watch movies".

These experiences only sustain us for a brief period of time. It's not a sustainable existence. It becomes boring after awhile. The real question is, what do you do after that?

After you've escaped and had that 'time out', and you are ready to start living your life again, what does your ideal day look like?

We only have a certain amount of time left – we get to choose how we spend it.

By starting today, you get to design your life on your terms, and be the best version of you.

It can take 12 months or even longer. But this isn't the point. Life is a journey.

Enjoy!

Best  
DAY  
ever!



## **IDEAL AVERAGE DAY EXERCISE**

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**Where would you live?**

**What would your house look like?**

**What would you have for breakfast?**

**What's the view?**



## **IDEAL AVERAGE DAY EXERCISE**

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**What's the conversation?**

**What does the every day stuff look like?**

**What's your morning routine look like? Do you journal? Plan your day?**

**What's for lunch? Who's it with? What do you discuss?**



## **IDEAL AVERAGE DAY EXERCISE**

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**What do you do all day? How do you earn money? Who do you connect with?**

**Where do you work from?**

**What are your clients like?**

**What are your responsibilities?**



## **IDEAL AVERAGE DAY EXERCISE**

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**Do you run your own business or work for someone else?**

**What leadership roles do you have?**

**What do you have for dinner?**

**How do you unwind at the end of the day?**



## **IDEAL AVERAGE DAY EXERCISE**

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**Bigger stuff...**

**What would you do for personal fulfilment?**

**What life purpose would you strive towards?**

**What values and beliefs would you have?**

**What are your personal standards and attributes?**

## IDEAL AVERAGE DAY EXERCISE

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### What's next?

Next... you go about making this ideal your reality.

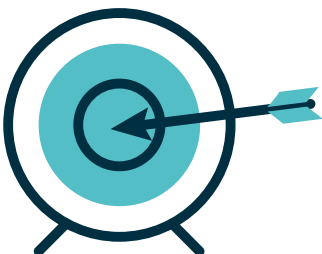
It can take 12 months, or it can take five years.

It's not the point.

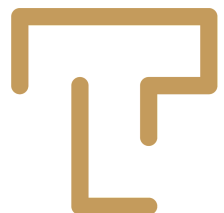
By you starting to take steps today towards building your ideal day, you're committing you and being the best version of you, you can be.

That's got to be worth the journey.

Enjoy!



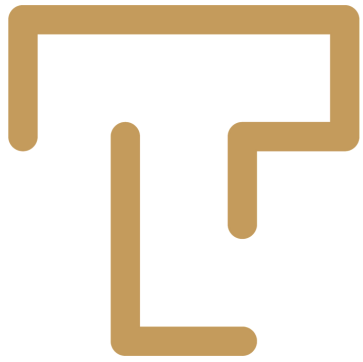




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## NOTES

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**FOR FURTHER INFORMATION  
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