

Deconstruct Routines & Change Daily Habits

Overview & Objective

In order to dream an amazing life, you have to spend a little time creating a different Quality of Life, vs going straight to the "dream".

It's useful to know what our personal and professional dreams are and to come to terms with those parts of ourselves. But, ultimately you have to go deeper into the essence of how you want to feel. So, let's create a practice to make your life fun!

"I DON'T HAVE THE TIME"

Again....I want some commitment from you that you are putting this mindset aside. By the end of this FunSheet, you'll have created a personal practice that involves a few moments of reflection, which will eventually become routine.

How much time do you spend thinking about your dreams or ideas?

Are you in touch with that dream and what you believe is possible?

YOUR TYPICAL DAY

It's crucial that you know what works for you; what makes you happy and what angers you, and most of all your personal needs - and that you honour them.

What 4 things are you doing in a rush each day, making you feel you're not living according to your needs?

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NOW IMAGINE THE DAY OF YOUR DREAMS

I want you to picture yourself living where you are - with both the office and home life in your dream day. Meaning, you're not on vacation. I want you to create your ideal day, starting with the work you do.

Imagine doing what you love with creative and fun people. The commute to work is simple, and you're not in rush hour. If you want less work, consider what that looks like? If you want more work, consider that too? What does your office look like? What does your mid-day look like? Where is the window facing?

How do you feel at the end of the day? What does your sleep feel like? Since this is your ideal day, how are you feeling when you wake-up? Are you winding down differently? What is the first thing you're doing when your eyes open in the morning?

RECHARGE YOUR BATTERIES

In order to have more ease in your life, you have to learn how to take good care of yourself and be mindful of the ways you can recharge.

What 4 things can you do each day to **recharge** your batteries, in order to re-ignite your passion? Ex. sleep, food, water, vitamins, exercise, fun time...

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NOW RECREATE YOUR DAILY ROUTINE

What is the one thing you could do for yourself each day? Having this simple daily practice, typically starting in the morning, can offer you so much in the form of personal significance. If you don't think it's attainable, like having a meditation at home, consider it happening elsewhere in your day. Close your eyes and see what comes up.

If nothing comes up right away, I recommend spending a few moments each day (even if it's when you're washing your hands), to take stock of this:

How do I feel right now?

What can I do today to feel more at ease?

Is there anything that feels incomplete in my life?

What would it take to close the gap about that?