

A “Perfect or Dream Day” EXERCISE

I have done this EXERCISE many times over the years to find what it is that I really want out of this one life we have to live on earth. I do this to find at least one thing that I might change now to get closer to that “Perfect Day” and to experiment by trying it out.

I subscribe to the learning school of action, so once you have the elements of the day, you then go ‘take a holiday for yourself’ and go try it out. Complaints in my mind are opportunities for change, so write down what you want to change to. Yes, the elements of these ‘Perfect Days’ will change over time, but they will get to the heart of what you are feeling.

WHAT IT IS: You wake as you feel would be a wonderful life, how you currently understand abundance. You might see it as your best day on earth, as you go to sleep you may have found elements you want to duplicate tomorrow. This is an EXERCISE however practical to touch for a few moments what you are feeling.

WHY YOU WOULD SPENT YOU TIME HERE? If you find yourself reaching for distraction from the current moment, please give this a try to find the ‘what and why’ behind the veil of your life. It does not confront your mind with a hard question, it allows your mind to search for key wants & passions. Immediately you might feel better just because you are able to look at the elements of your typical day and compare it with the possible elements of your ‘Perfect Day’.

These gaps between your typical day today and your perfect day tomorrow provide your NEXT actions. Just realizing that life can be different and that you have written it down is many times a relief in itself. Taking note of these gaps, these differences creates a target for which you might change to. Change so that the ‘Perfect Day’ might become your typical day, so that you might try this exercise again.

THE PROCESS – So let us begin:

I have noticed that this works best with LESS format and MORE well - just start writing, so the checklist is brief with this one. Please be as descriptive as possible in your writing. The more vivid the detail the clearer the target becomes. Unless it pleases you, I would stay away from tasks you must do, brushing your teeth, and move towards physical actions and thoughts that intrigue you. The process takes 30 (example 2) to 60 minutes (example 1).

- From wake to sleep what would you do if you had NO commitments, obligations, responsibilities or duties. You are in complete control and have complete autonomy. What are your thoughts are of?
- You launch with anticipation into your morning routine, the habits you would like to have to start your day with hope.
- You start your day by ... Knocking out something to a slice of that achievement of the day out of the way or sit in contemplative thought or start moving into a beautiful day outside.
- You take a break from doing by resting, finding the present moment.



- You have a chance to visit one of your 'Wonders of the World' a place of awe for you.
- You feast on the exquisite pleasures of your favorite food asking questions of a deep friend in a discussion of your hearts.
- You create bringing something into this world that had not existed minutes before.
- You again calm yourself to let your new ideas come forth from the Spirit. You feel the bliss of a beautiful day formed by your hand in the Spirit.
- With your energy renewed you once again attack your greatest desire pausing only once again to taste the exquisite flavors and textures of this earth.
- You rejoice in your slumber with dreams so exciting for where they might lead you next.

Hopefully this is obvious from the above, yet some questions:

- Who will you meet?
- How will you journey?
- Where will you be?
- How will you feel during each moment?
- What will you hold and what will you let go of?
- What is exactly around you in that 'special place'?
- What will you dream of and what will you do?

OFTEN TIMES: I discover something I want to change in my life right away and complete the EXERCISE later and that is OK!

So, let's take an **EXAMPLE 1:**

- Wake with energy again, yet without an alarm
- My feet hit the ground into my well worn flip flops, the sun is not up yet and I love moving quietly around the house in the dark before anyone else stirs.
- Slug down some lemon juice in water to get the body/mind going.
- Read around unlimited thinking, take some notes and ideas.
- Meditate for insights, to let go of them and to re-center myself.
- Enter into our spare & simple porch with some coffee, a snack to dunk, time to think and feel the sun rise in all of its brilliance over my right shoulder. A calm place for an excited mind. I know it in my heart that this day will be special, again. I can hear the repetitive rush of the waves against the just now visible shore.
- A prayer of gratitude for being able to experience this beauty right here, right now. Listen to what the Spirit may have for me today.
- Write/Create/Expand on recent idea for teaching.



- Stretch my stiff still slumbering body awake and listen for the first stirrings of my family. What might I do for and with them today?
- Take last night's plan for today & make a choice to focus on: Shop, Outside or Studio, first. The decision is Shop.
- Make breakfast for my Bride and glance over as we enjoy a moment of life together.
- At this point I effectively stopped the EXERCISE and went on to something I felt was more pressing in my mind. You see my Shop & Studio are not what I want them to be so I began to brainstorm around the key elements that I want them have. This comparison LIST was clear and direct: IT HAS _____, IT NEEDS _____ (two lengthy columns.)

This is a great example of why you might do this EXERCISE: To develop questions that bridge the gap between what it is you have today and what tomorrow will bring if you change. I call this bridging your own reality by closing the gap with action.

I continued on later ...

- Entering into my perfect Shop I decided to get creative feeling the metal form as I rolled, heated, tapped and designed this piece of the next beautiful car. I had designed it the night before, yet that designed changed as the metal flowed becoming better that I could have imagined.
- Snack time! My energy filled premade bar and some tasty juice fit the bill, I stopped just long enough to realize I wanted to test fit this beautiful addition onto the car one more time before I break for the Studio.
- I trial fit modify yet again and release this piece onto the car, letting it complete the overall next step to this journey of building.
- A lunch with my Bride from food we prepared together, chopping, cooking & best of all tasting. I think, my diet may be unusual, but it sure does taste great. I kiss my Bride and adventure on...
- It is time to visit my perfect Studio to enjoy the simplicity yet thought provoking nature of my surroundings. I write of becoming unreasonable and unlimited to expand my mind and maybe others.
- As I look at the clock and I drop my pen to make some simple yet wonderful food for my family we dine together with talk of each of our days, listening & laughing with each other.
- We rush off to move together to a community of people we know to move to our own cadence within an instructor's rhythm. We find ourselves separate yet breathing together to our individual movements. We are all one, we are all together right now.
- We catch up with community of friends and then my Bride and I rush off to a show.



The key realization of this EXERCISE is that my current life has some elements of the above, yet not all. I can choose to change right away or to work towards those new life elements.

Four areas of learning and what I chose to do – NEXT actions:

1. I do not live by the ocean, so I might immediately pipe in some ocean sounds and/or work towards spending more time by the ocean. I have chosen the later.
2. I do not wake early enough with an alarm to get at this point in my morning routine prior to the sun rising, so I might choose to use an alarm or go to sleep earlier. I have chosen the former.
3. My Shop & Studios are not where I want them to be, so I could dedicate a day making large changes or make a list making bit sized changes & chipping away at them. I have chosen the later.
4. There is probably more here than anyone could get done in one day in fact I wanted to add more, so I could try to jam it all in one day or I could start to block my calendar for key elements from this day. I chose to do the later.

EXAMPLE 2 - Let's try another way, shorter & more direct, yet just as effective:

- Wake early with alarm
- Glass of Water with lemon
- I feel like I just want to do something right way
- Write 1-2 hours
- Pray & Meditate
- Breakfast for Bride
- Calm coffee with rice bar to dunk
- Stretch
- Complete something simple – thank you & meeting minutes
- Learn 15 – 30 minutes
- Shop – Form metal with hands project & practice 2 – 3 hours
- Lunch with Bride
- Shop – Practice welding aluminum
- Reflect on learning in Shop – written progress on what practice is teaching me
- Planned focus on Learning 1 – 2 hours 6:30 to 7:30 at least
- Make & eat dinner with Bride 7:45 – 9 PM & Watch a show
- Tackle “Mind is shot – simple activities” when watching
- Kiss Bride good night
- Read Inspirational life stories for 15 minutes & Sleep



Much shorter, yet still learning:

Three areas of learning this time, I changed by – NEXT actions:

1. I wanted to write more, but the day seemed to get in the way and I was tired by the time I started, so I scheduled this right up front. I had so many inputs & needed more outputs.
2. I wanted to spend more time in my Shop practicing 'metal forming', so I changed to block my calendar to do so.
3. I also wanted to make my evenings more productive and spend time with my Bride, so I created a list of simple tasks that I could do and batched them for this time.

You get the idea find the GAP and CHOSE and ACTION to close AND do the EXERCISE again!

I suggest that you make at least one change now and keep a list of other potential changes that you might attack later.

