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coaching

Ideal Day Mad Lib

Adapted from [PIVOT: The Only Move That Matters is Your Next One](#) // [PIVOT Toolkit](#) //

Instructions:

- There are two format options for using this template:
 - Go to File --> Make a Copy to save a version for yourself in Google Docs
 - Go analog! Print this document and work on it outdoors or wherever you feel relaxed :)
- Fill-in-the-blanks to articulate what your ideal day looks like
 - Bonus points: do one for your WILD AND CRAZY vision, then do another for your ideal average day – what an energizing "regular" work-day might entail.

Mad Lib: Ideal Day

The sun is shining and after an amazing night's sleep, I stretch and open my eyes at _____ (time). I look around _____ (the place I'm sleeping in) and take a minute to appreciate _____ (aspects of the room or environment that are appealing to you, including whether or not anyone else is there with you).

When I'm ready to get out of bed, I put on _____ (favorite outfit or most comfortable clothes) and sit down to _____ (energizing morning routines) while overlooking _____ (another aspect of your environment, maybe outdoors, maybe something in front of you). I might also make time for _____ (activity or exercise) before or after breakfast to get me ready for the day.

After breakfast, I get really excited because today I am working on _____ (energizing project or work activity 1), _____ (activity 2), and _____ (activity 3). Awesome! Later in the day when I need a break, I will call or meet-up with _____ (person 1) and _____ (person 2).

I love solving problems related to _____ (favorite types of challenges). In fact, my friends and colleagues are often coming to me for advice on _____ (topic 1), _____ (topic 2), and _____ (topic 3). Right now I'm most excited to learn more about _____ (new skill 1) and _____ (new skill 2).

Sometimes I even reflect on "sliding doors" careers I would try (even if only in a fantasy world) if time, money, and approval from others weren't an issue: _____ (career 1) because I'd get to _____ (activity 1), _____ and _____ (activity 3). Or _____ (career 2) which would be super fun because I could _____ (activity 1), and _____, and _____ (activity 3).

I also enjoy dreaming and scheming about the year ahead, considering what smashing success might look like. A year from now, I would be ecstatic if I were earning \$ _____ (ideal annual income) with ease. Professionally speaking, I would be thrilled if _____ (professional outcome 1), _____ (professional outcome 2), and _____ (professional outcome 3) were happening. If these things did come to pass, I would feel _____ (feeling

1), _____, and ____ (feeling 3). It would make ____ (item 1) and ____ (item 2) feel even more possible.

In my personal life, I would be overjoyed if _____ (outcome 1), _____, and _____ (outcome 3). I would feel _____ (feeling 1), ____ (feeling 2), and _____ (feeling 3), which would make it possible to _____.

Since I can spontaneously travel wherever I'd like, I will also start planning a few quick jaunts to _____ (ideal spot 1) and _____ (ideal spot 2). It reminds me of the time I was in _____ (recall a peak experience) for _____ (activity). I have never felt so _____ (adjective 1) and _____ (adjective 2). That time really meant a lot to me because _____ (what made it so memorable, special).

After a long, fun day spent doing things I love, I take a minute to appreciate what an incredible day I've had. I make a list of the reasons it was amazing:

1.

I reflect on a recent major accomplishment of mine that I am proud of and why: _____.

There are a few people I really admire who motivate and inspire me: in this ideal world I am lining up meetings with both! I admire _____(person 1) and would describe him/her as _____ (adjective 1),

_____ and _____ (adjective 3). I also admire _____ (person 1)
and would describe him/her as _____ (adjective 1),
_____ and _____ (adjective 3).

Before I wrap up for the night, I take some time to _____ (evening activities, favorite things and/or people). I notice that I feel relaxed, happy, and joyful. I'm thankful to have my family, my friends and my colleagues for their love and support in my life. I go to sleep with a huge smile. I'm proud of myself for making this day happen, and I can't wait to do it again.

Until then,

(Your Billion Dollar Signature)

(Today's Date)

Reflect: Ideal Day Debrief