



## Your Ideal Day

Describe in great specific detail what your ideal day would look and feel like. The how is not your business. Don't let your mind tell you it is not possible. Allow this time to dream and create the vision. Here is an example:

*I wake up in the morning without an alarm and simply soak in the quiet of the house. I smell the rich coffee brewing downstairs and feel grateful I set the pot to brew. I don't rush out of bed. I take 10 minutes to enjoy the warm bed and listen to a guided meditation on Buddify. They always calm and center me to help me to remember I choose and control my state of being. My set my intention for the day. Then I get up, slip on work out clothes and do a 30-minute barre workout online before anyone wakes up. This workout is the perfect mix of yoga, stretching, and resistance. I love how it makes me feel graceful which is a word I had not used to describe myself before. After my workout I savor my cup of coffee before the rest of the house awakes. I am barely done with my coffee when I hear the pitter patter of feet coming down wanting a show and breakfast. I am grateful for the hugs and take a deep breath to remind myself not to let myself get overwhelmed as the rush of getting ready happens. I want my kids to go into their day happy and relaxed. I take one task at a time getting my favorite oatmeal ready and kids meals with a fruit plate to share. We sit and eat breakfast together before we head up to get dressed. I get them dressed before I set them up with show to grab my shower. It feels hectic but it is worth having my workout in the morning. I will miss this schedule one day. I get out of the shower and slip on my clothes. I don't fret about what will fit, all my clothes are comfortable and feel amazing as I slip them on. I take the extra 15 minutes to dry my hair and do some light make up because I find it sets my mood for the day to feel productive, powerful, and sexy. I love that feeling so the extra few minutes are worth it even if the kids interrupt them. It is non-negotiable.*

*We head downstairs and I pack some fruit and drinks for the kids with lunch money. The kids love buying the school lunch and the easy of not worrying over a perfectly packed lunch makes my day. My relationship with my kids is balanced, connected, and loving. Every since I started scheduling weekly downtime, manicures, girls night out, and date nights letting go of the guilt felt amazing. I am happier and I lose my temper less and less. I guess I did not realize how much I needed my own outlet.*

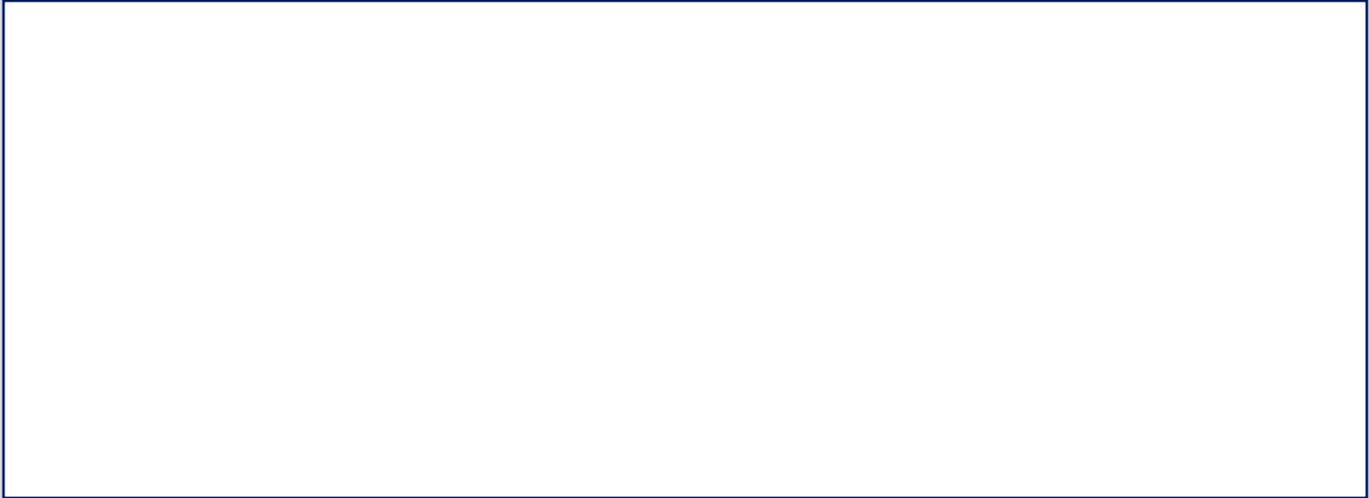
*After I drop the kids off I head to a coffee shop to work. I find leaving the house clutter helps me get my essential business tasks done before any unplanned things called life arise. My business is booming and I thrive off the stress. It makes me feel alive and gives me variety in what would be a pretty routine life.*

*Every since having weekly date nights I find my husband and I are so much closer. I don't care when he goes out and I don't feel guilty working at night or leaving to see a friend because we have our special time. I am trying to surprise him more with things he likes because I stopped doing that after kids.*

What is your ideal day:

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

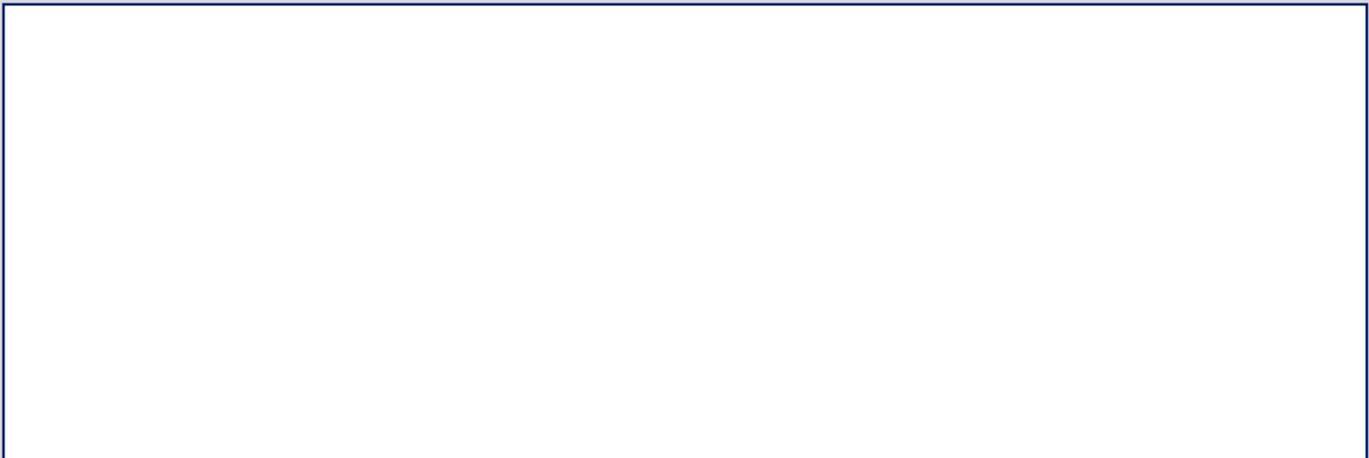
What emotions do you want to feel on a daily basis?



How often do you feel them these days?



What actions can you take to create these types of emotions?



What are your obstacles to feeling them?

In Calm, it is important to take full self responsibility for our lives and feelings. In what ways do you get on your own way to have these feelings?

If you were to take full responsibility for your struggles, how can you change your routine or relationships to have what you desire?