

MY BEAUTIFUL DAY

Create your 'beautiful day' – 24 hours that reflect what matters most to you and is achievable in your current situation. Write it out in detail, then schedule an appointment with yourself to make it a reality.

When planning your beautiful day, you may like to consider the following:

Who are you spending your beautiful day with?

Where are you spending your beautiful day?

What activities/practices will you be doing?

Why have you chosen this as your beautiful day?



REFLECTIONS

Were you successful in creating and living your beautiful day?
Why / What got in the way or prevented you?

Has your perception changed on your beautiful day, or is there anything you would like to change?

How does your conception of a beautiful day connect with your life goals?

Are there any actions you might take to plan your beautiful day on a more regular basis?

