

Design Your Ideal...

Good Morning!

Let's start the day off right every single morning.

Use this space to write about how you'd like to feel when you wake up in the morning. Remember this is all about how you *want* to feel—not what you feel right now. We're in a dream state.

How does your head feel?

How does your body feel?

What is around you?

List out words here to describe how you start your day:

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What foods do you eat in the morning?

What other activities do you do in the morning?

What is the first thing you do in the morning?

What do you do after that?

Good Evening!

What would you like your evenings to look like in the future?
Think about that sweet wind down time as the sun sets—what
do you want for yourself?

Where do you spend your evenings?

What do you like to be doing at night?

Who is with you?

What do your surroundings look like?

When your head hits the pillow, what do you want to feel?

Write out all the words that describe that moment here:

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