

YOUR



THE COACHING
INSTITUTE

SUCCESS

YOUR 12 KEYS TO EXTRAORDINARY LIVING

YOUR 12-STEP SYSTEM

TO CREATING

**LIFE ON YOUR
TERMS**

YOUR IDEAL AVERAGE DAY



IDEAL AVERAGE DAY WORKSHEET

IT'S IN YOUR MOMENTS OF DECISION THAT YOUR DESTINY IS SHAPED

This exercise is designed to assist you to get clear on what you want.

So many people are clear on what they don't want, and what makes them unhappy. It's far less common to meet someone who knows what they want, what they want to experience and who they want to be with...

EXERCISE

Most people think life gets better if they 'have' something, or 'get' something – more happiness, more time, more freedom, more money, a better car, a bigger house...

The truth is, 'getting more stuff' is not the answer to a fulfilling life.

A life well lived consists of moments upon moments, where you experience what it is you value experiencing.

- Time with family
- Reading
- A hobby
- Being with friends
- A sports activity...

Whatever it is for you, the question to ask yourself is this – what is my Ideal Average Day? The day which, if I was to live it every day, I'd never get bored and I'd never get sick and it wouldn't hurt anyone or me.

YOU SEE, I THINK MOST PEOPLE LIVE TWO VERSIONS OF THEMSELVES –

The 'surface' version – that we take out to the world and think is as we 'should' be, and...

Our 'core' self – the true selves we are meant to and desire to be.

This exercise is designed to get you back to your core. All you do is answer the questions here. It takes as little as half an hour or up to four hours, it depends on you and how much you want to put into it.



CORE IDENTITY EXERCISE

Where would you live?

What would your house look like?

What would you have for breakfast?

What's the view?

What's the conversation?

What does the mundane stuff look like?

What would you spend the first half of your day doing?

What's for lunch? Who's it with? What do you discuss?

Who are your friends? What do you all talk about?

What do you do all day?

What are your colleagues like?

What do you talk about?

What do you have for dinner?



BIGGER STUFF...

○ What would you do for personal fulfilment?

○ What life purpose would you strive towards?

○ What legacy would you leave?

○ What else...



The answer can't be 'I'd sit on the beach' or 'I'd do nothing all day'...

The truth is holidays only sustain us for a short time. We are designed to 'experience' life, not constantly experience 'escaping from life'.

Avoiding responsibility through long breaks from 'life' is not an Ideal Average Day – it's escapism, and no matter who you are, it becomes boring after a while. And then the question is... *what do you do AFTER that?*

After the holiday and the 'time out' and the 'escape' is done, and you're ready to get back into living your life and building something meaningful, what does your day comprise of?

We have a certain number of ears remaining. This breaks down into so many days. And each day is made up of... moments of experience.

WHAT MOMENTS OF EXPERIENCE DO YOU DESIRE?

Next... you go about making this ideal your reality. It can take 12 months, or it can take five years. It's not the point. By you starting to take steps today towards building your ideal day, you're committing you and being the best version of you, you can be.

That's gotta be worth the journey!

Trust you get value from this and that it serves your clients!

Here's to life on your terms,

Sharon Pearson
Founder & Creator
The Coaching Institute