

## Discovering Your Ideal Self



Each of us have an 'ideal' self that we would like to be.  
Many people have never thought about it beyond thinking: '**I could be better**'.

The path to becoming our ideal selves is made up of all our choices in each moment.  
Right now, in this moment, we have the power to choose a different us.  
Who makes new decisions, who moves forward instead of pulling back, who is embracing all of what life has to offer.

This exercise is all about assisting you in getting **some clarity** around **who you *truly* are**, by exploring what experiences you want to have.

Do your best to answer these questions and we will continue the discussion in our sessions together.

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

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 this is for you, ask yourself this, **What is my 'ideal, average day?'**  
(The day which, if I was to live it everyday, I'd never get bored, and I'd never get sick and it wouldn't hurt anyone).

## Core Identity Exercise



You see, I think most people live two versions of themselves:

- The **'surface'** version, that we take out to the world and think, **"this is how we should be."**
- 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 self**. All you do is answer the questions below.

Remember here, this is your space to create. Have fun with it, go crazy. There are zero restrictions or limitations on you here, think big.

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- 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?

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- 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 clients like and/or job like?
- What are you earning/ income look like?
- What do you have for dinner?
- What would you do for personal fulfilment?
- What life purpose would you strive towards?

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- What legacy would you want to leave?
- What qualities do you possess? (In this legacy, what are you known for?)

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NOTE: - 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. No matter who you are, it becomes boring after a while!

Once you have finished this exercise you will 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 to you and being the best version of you that you can be.

**That's got to be worth the journey...**

**"What we focus on, we get, to the exclusion of everything else."**

## Bonus Resource



If you would like to go the extra mile, here one more resource.

While you're in this 'visionary' state of mind, I would encourage you to take **just 12 minutes** to braindump the answers to [The 3 Most Important Questions To Ask Yourself](#) by MindValley. It's a guided audio and SO worth your time, I promise.

Within 2 years of doing these two exercises (+ coaching), my life completely changed. For the better. I ticked off many of the things I initially wrote on that list within the first 2 years. This has happened for many of my clients too, give it a go. I know you're going to love it. You're so worth this special time you are creating for yourself (and your future!)

Listen to the audio and brain dump your answers here:

What do I want to EXPERIENCE?	How do I want to GROW?	What do I want to CONTRIBUTE?

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