

Lewis Howes

& The School of Greatness Present:

*YOUR PERFECT DAY*  
*VISION EXERCISE*



# **WELCOME!! I'M EXCITED YOU'RE HERE TO GET CLEAR ON YOUR VISION.**

Vision is so powerful.

Without a clear vision you don't know what you're going after, or what you want to get. So I want you to get clear on your vision.

Your vision for your life, business, career, relationships, and who you want to be in the world.

If you know me, you know I'm always talking about what my vision is, and how many people I want to inspire and impact. I make decisions every day based on my vision.

Without my vision I'm more reactive and I'm not clear on what I want. I'll say yes to things that don't serve me, and I'll say no to things that could serve me.

You really want to make sure you're clear, so below you'll walk through what your perfect day actually looks like.

**This exercise could be one of the most powerful things you do for yourself this year, especially if you've never done it before.**

You'll begin to think about who you want to spend your time with, the things you want to work on, where you're traveling and living.

**These are positive practices that you can build on to lean into your vision.**

I can't wait to see what your perfect day looks like, and share with everyone (including me) what your perfect day is, so **make sure to share it in the Facebook Group.**

You signed up for this for a reason. This is a choice, and you're blessed to be here.

I'm super pumped to see what you create with your Perfect Day this week!

A handwritten signature in black ink, appearing to read 'LH' with a stylized flourish at the end.

Lewis Howes

## **PART 1 - GETTING STARTED WITH YOUR PERFECT DAY VISION**

The first part of this vision exercise about creating your perfect day is to imagine what you want your day to look like in an overall sense. Getting an idea for your perfect day in a broad sense will help you with part II of this exercise. Answer these questions below honestly when you start to imagine and dream up your ideal day.

### **DIVE INTO YOUR PERFECT DAY BY ANSWERING THESE QUESTIONS FIRST**

Who do you want to be spending time with during your day?

What are you working on?

Who are you working with?

How do you want to feel every day?

**YOU'RE DOING GREAT!**

## **PART 1 - CONTINUED**

Where are you living?

Who are you living with?

Who are you serving during your day?

What are you creating for yourself and for others?

Where are you traveling to next?

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**Pro Tip:** There is no wrong answer here so let yourself dream! Answering these questions are the first steps to having a vision that will help you create exactly what you want in your life!

## PART 2 - PUTTING IT ALL TOGETHER

I want you to now take a few minutes to put all of that together. Describe your perfect day. Take the things that truly resonate with you. If one of those questions doesn't hold meaning for you, you don't have to include it in your description. Remember, this is YOUR perfect day. Write out a detailed description of your perfect day below.

**BELOW IS AN EXAMPLE OF THE BEGINNING OF MY PERFECT DAY THAT I WROTE OUT A FEW YEARS AGO FOR MYSELF.**

In my perfect day, I wake up next to the woman of my dreams and she's crying tears of joy because she's so excited about the life we have together. I'm preparing to compete in the 2020 Olympics with the USA Team Handball team so I head to an intense training session with my coach to increase my physical strength and athleticism. Then I'm working on all of my projects that inspire entrepreneurs to follow their own passions and make a living around what they love.....etc...

**NOW IT'S YOUR TURN! WRITE OUT YOUR PERFECT DAY BELOW**

## PART 3 - GET DETAILED WITH IT!

This is where you get specific. The last part of this exercise is to write out your day hour by hour.

**BELOW YOU'LL SEE AN EXAMPLE OF MY PERFECT DAY BROKEN DOWN BY THE HOUR.**

7:30am Wake up & meditate  
7:45am Enjoy the early morning breeze & sunshine from my balcony  
8:00am Have a healthy breakfast and green juice  
9:00am Crossfit or private skills training session  
10:30am Check in with my team for projects of the day  
11:00am Complete the top 3 tasks on my to-do list  
12:00pm Eat a healthy lunch at home (or meeting with inspiring friend)  
1:30pm Record interviews & videos  
3:00pm Reach out to colleagues and check email  
3:30pm Physical Therapy to increase flexibility  
5:00pm Pick up basketball game or hiking with friends  
6:30pm Swim in the ocean  
7:30pm Healthy dinner at home with our friends  
9:00pm Attend an influencer event  
11:00pm Make a list of what I'm most grateful for today, visualize what I want to create tomorrow, and create list of what 3 most important things to get done tomorrow

**ALMOST FINISHED!**

## PART 3 - CONTINUED

NOW IT'S YOUR TURN! WRITE OUT YOUR PERFECT DAY HOUR-BY-HOUR BELOW

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**Final Step:** Take action! Copy and Paste your section 2 and post in the Facebook group. I can't wait to hear what you're creating. Posting it in the Facebook group will also help keep you accountable. Tag me (@LewisHowes)!