

CTED 1

If your dream life was granted... What would your day look like?

In 5 minutes, write down answers to these questions. If you woke up tomorrow, with the live you are dreaming to have (money, health, relationships), how would you spend your daminute by minute? What would your lifestyle be like? Write as many details as possible

STEP 2

Circle the things that you are either currently doing or you are able to start doing right away. (You have everything you need in your life right now to add these "things" in). Commit to including these new things in your life.

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STEP 3

Go back to your day details. Circle 3 things you would like to have in your day that are not 100% available to you right now but with some work they could be.

Pick one of these things that you want and let's reverse engineer it. What steps do you need to take to have this in your life. If it's about feeling fit or running 3 miles every day, what do you need to be doing today towards that goal? Or if it is starting your own business or landing a new job, what do you need to do today?

In order to havethat goal:	in my life I will need to (list your steps towards

REPEAT THIS EXERCISE TO CONTINUE MAKING YOUR "REAL" DAY AS CLOSE TO YOUR "DREAM" DAY.

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