

# Perfect Day Exercise

Create your perfect day and how to get there.

Imagine 5 years from now it's just a normal Tuesday and answer the following questions thinking about what your perfect day would be.

1 Where would you live? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 What would your house be like? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 What would you do in the morning? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4 What would you be thinking about? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5 Where would you spend the first half of the day? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6 What would you have for lunch? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7 What would your friends be like? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8 What would you do for personal fulfillment? \_\_\_\_\_

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9 What life purpose would you strive towards? \_\_\_\_\_

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10 What would your business be? \_\_\_\_\_

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11 What time would you start work? \_\_\_\_\_

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12 What would you actually do at work? \_\_\_\_\_

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13 What are your clients like? \_\_\_\_\_

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14 What is relationship like with spouse? Family? \_\_\_\_\_

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15 What would you talk about? \_\_\_\_\_

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Then set goals and work out what you should be doing in the years, months or weeks ahead to get to that. Did it take you on a path you weren't expecting?



4 years before what should you be doing to reach that perfect day?

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3 years before what should you be doing to reach that perfect day?

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2 years before what should you be doing to reach that perfect day?

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1 years before what should you be doing to reach that perfect day?

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6 months before what should you be doing to reach that perfect day?

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AND WHAT CAN YOU DO RIGHT NOW THAT WILL HELP MOVE YOU ALONG THAT PATH?

This is the most important step!

Things don't always go to plan and likely your priorities might change, however if you keep thinking like this throughout your life it will be much easier to work out short term goals to hopefully realise some long term ones as well.

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With more people “going freelance” we need to think about what businesses we want to create and how we run them to stand out. There are many routes available for freelancers and people who want a full time job in the industry. We need to think about who we want to work with, and try and be in the position to choose clients that share our values and interests..

**1** What are my interests and passions outside of Motion Design? \_\_\_\_\_

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**2** How can I build my business in a different way to everyone else? \_\_\_\_\_

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**3** What could help me stand out? \_\_\_\_\_

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**4** Who are my ideal clients? For example: Are they big companies or small companies? Are they non profits? Are they start ups? Use the space below to brainstorm as many ideas as possible.

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 Where do they hang out? this can be both in real world and online. \_\_\_\_\_

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 How can I best serve them? Think about what problem they are trying to solve?

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 What would be one way in which you could get their attention? \_\_\_\_\_

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 Do they have the money to pay the rates I want to be paid? \_\_\_\_\_

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