

Your Perfect Day

A Guided Reflection

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Welcome. This guide will walk you through the Perfect Day exercise, one of the most effective visualization tools I use with my coaching clients. It works because it sidesteps the pressure of long-term planning and asks a simpler, more honest question: what does a single good day actually look like for you?

Set aside about thirty minutes. Find a place that feels comfortable. You'll need something to write with, whether that's this document on your screen, a notebook, or your phone. There are no wrong answers here and no one will read this unless you choose to share it.

Before You Begin

A few things to know about this exercise.

You are not writing a fantasy. You are writing a day that could exist in your real life, as you want that life to be. Stay grounded in what matters to you, not in what sounds impressive or what someone else would approve of.

You don't need to figure out "how" any of this would happen. The how comes later, on its own, in ways you probably can't predict right now. For now, your only job is the what.

Write in present tense, as if the day is happening right now. "I wake up" instead of "I would wake up." This is not a small distinction. Present tense activates your brain's simulation systems differently than hypothetical language. You want your brain to practice this day, not merely consider it.

And finally: be specific. Not "I have a nice breakfast" but what you're eating, where, whether someone is with you, what you hear, how the room feels. The more sensory detail you include, the more your brain can work with it.

Part One: Arriving in the Day

Start at the beginning. Don't think too hard. Just let the day unfold as you write.

Where are you when you wake up?

Describe the room, the light, the sounds. What's the first thing you notice? How

does your body feel? Is anyone with you?

Take a minute to sit with this. Write what comes.

What happens in the first hour?

Walk through it. Do you get up immediately or take your time? What's the first thing you do? Is there coffee, tea, movement, quiet? What's the pace of this first hour?

Part Two: The Work of the Day

Now move into the active part of your day. This might be work in the traditional sense, or it might be something else entirely. Stay curious about what shows up.

What kind of work fills your day?

Don't think in terms of job titles. Think about what you're actually doing. Are you in conversation with people? Building something? Solving problems? Teaching? Creating? Thinking quietly? Moving between different kinds of tasks?

How does the work feel?

Not whether it's easy or hard, but what the experience of doing it is like. Are you energized? Focused? In flow? Is there challenge, and does the challenge feel good? Where are you doing this work, and who, if anyone, is around you?

What's absent from this working day?

Sometimes what you leave out is as revealing as what you put in. What's missing from your perfect working day that currently fills your real one?

Part Three: The Rest of the Day

Let the workday end. Move into what comes next.

How does your day shift when work is done?

Is there a clear boundary, or does it blend? What signals the transition? Where are you, and what changes?

Who is in your evening?

Are you with people? Alone? Both at different moments? What do these relationships

feel like? What are you doing together, or what are you doing in solitude?

How does the day end?

Walk through the last hour or two. What does winding down look like for you? How do you feel as the day closes? What's the last thing you notice before sleep?

Part Four: Looking at What You Wrote

Set down your pen for a moment. Read back through what you've written, slowly.

Now, a few questions to sit with.

What surprised you?

Most people find that their perfect day contains at least one thing they didn't expect to write. What showed up that you didn't plan for?

What's already here?

Look at your perfect day and honestly assess: which parts of this day do you already have? Maybe more than you thought. Maybe the morning ritual, or the relationship, or the kind of work. What already exists in your current life, even partially?

What's close but not quite right?

Some elements of your perfect day may be almost present, just slightly off. A routine that's close but rushed. A relationship that's there but needs more attention. A kind of work you do sometimes but not enough. What would need a small shift, not an overhaul?

What's genuinely missing?

And what would require real change? Not dramatic upheaval necessarily, but an honest acknowledgment that this part of your perfect day doesn't exist yet.

Part Five: One Thing

You don't need to change everything. You don't need to change anything today. But if you wanted to bring one element of your perfect day closer to your actual day, what would it be?

Not the biggest thing. Not the hardest thing. The one that feels most alive to you right now.

What Comes Next

Keep what you've written somewhere you can find it. Not filed away, but accessible. This is a living document, and its power comes from returning to it.

Here is what I recommend: read your perfect day once a week for the first month. Not to judge your progress or pressure yourself, but just to let your brain stay familiar with this vision. You'll notice that it starts to influence small choices without you trying. You'll notice things that align with your perfect day, and you'll notice mismatches more quickly.

Then, in three or four months, come back to this guide and do the exercise again from the beginning. Don't look at your previous version first. Write fresh. When you're done, compare the two.

What stayed the same tells you something about what you deeply want. What changed tells you something about how you're growing. Both are valuable information.

A Note on Weekends

Some people discover that their perfect weekday and their perfect weekend are very different visions. If that's true for you, I'd encourage you to go back through this guide a second time, writing specifically about a weekend day (or whatever your non-working day looks like). The things that restore you and the things that energize you may not overlap, and both deserve attention.

Why This Works

This isn't just a feel-good exercise. When you imagine a day in vivid, sensory

detail, your brain processes it similarly to how it processes lived experience. Neuroscience research suggests that the brain is constantly generating predictions about what will happen next, and that detailed visualization gives it new material to predict from. Over time, this shifts what you notice, what feels possible, and what choices you naturally gravitate toward.

You aren't tricking your brain. You are training it to recognize the life you want, so that when pieces of that life appear, you see them clearly enough to choose them.

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