COACHING - THINK IN INK

Exercise 2

My Ideal Day

Write about your ideal day. Write directly in the present tense and write in full sensory detail i.e. what you see, hear, smell, taste, touch and feel.

- Where are you? Describe the place.
- Who is with you? Describe them.
- What are you doing?
- What is the quality of your relationships like?
- How do you feel about things?
- What particular details make it real for you?

MY IDEAL DAY

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