

MODERN *Manifestation*

WITH BRE BROWN

THE PERFECT DAY EXERCISE

Sit comfortably and take a few deep breaths.

Imagine waking up in a world where money doesn't exist. You are free to have, do, live, and be whatever you want without having to pay for it.

There isn't **anything** off limits to you.

You aren't restricted by work...you don't have to work if you don't want to. You don't have to do anything for anyone, if you don't want to. You are entirely free to live your day as you choose. You have infinite resources at your fingertips.

Whatever you want, you can have. With that in mind, let's think about what a perfect day would look like for you without any limitations..

Write your answers down.

Ask Yourself:

You just wake up...

- What time is it?
- What is the first thing you do?
- What is your morning routine or ritual?
- Where do you live (country, city, state)?
- What kind of house/apartment/condo do you live in? (describe)
- What is the weather like?
- Who do you live with (partner, friends, kids, pets)?
- What is your view?
- What do you have for breakfast?
- Who cooked it?

- What do you do for work?
- Do you have your own business?
- How many hours a day do you work?
- Do you work alongside people?
- What does your lunch break look like?
- Do you eat alone or with friends/family?
- Do you eat at home or go out?
- What other activities do you do in your day?
- What kind of physical movement (exercise, stretching, walking, etc.) do you have planned?
- How do you spend your afternoon?
- Are you still working or are you able to take it off?
- What do you do in your spare time?
- What hobbies do you enjoy?
- How does that hobby make you feel?
- Who do you surround yourself with?
- What kinds of conversations do you have?
- How do they make you feel?
- Imagine you go shopping. Money doesn't exist in this world; you are free to take whatever you choose. What do you pick up? How do these things make you feel?
- What do you do in the evening?
- Where do you have dinner?
- What do you eat?
- What do you wear?
- What exciting plans do you have in the pipeline (i.e., travel plans, fun "purchases", plans for your business such as a big event/conference/new launch, etc.)?

Review your answers to these questions.

How would this life make you FEEL? What can you start implementing into your routine **today** in order to begin FEELING this way? What would the person who has this life say to you?

Live through this day every morning. Add new details to it as you go. Allow yourself to FEEL this life for at least 5 minutes each day.