



Perfect Day Reflection Worksheet

By [Dave Smith, The Ultimate Retirement Coach](#)

Instructions:

Set aside 30–45 minutes in a quiet, comfortable place. Turn off distractions. Take a few deep breaths. Then, begin writing out your *ideal day* from morning to night as if you're already living your most fulfilled life.

Morning

- What time do you wake up?
 - Where are you? Describe your surroundings.
 - What's the first thing you do?
 - Who are you with (if anyone)?
 - How do you feel physically, emotionally, spiritually?
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Midday

- What do you spend your time doing?
 - Are you working? Volunteering? Creating? Exploring?
 - Who are you connecting with today?
 - What kind of meals do you eat?
 - What kind of energy are you experiencing?
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Evening

- How do you wind down?
 - What are you doing after dinner?
 - What brings you joy or peace in the evening hours?
 - Who do you talk to, laugh with, or reflect with?
 - What are you most grateful for today?
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Reflection

1. How different is this from my current life?

- ☐ Very different
- ☐ Somewhat different
- ☐ Mostly aligned

2. What's one small thing I can start doing *this week* to bring my current life closer to this vision?



3. What might I need to let go of to create space for this version of life?


