***Your Ideal Average Day***

We believe we are here to do more than help you just ‘get through school’. We’re here to help you create your ideal average day: the life you are after, love and appreciate.

Your Ideal Average Day is the day, that if you were to do it over and over again, you would still be very content, happy and enjoy your life. It’s the day you dream of having and sustaining each day of the week in your normal life.

To discover what your Ideal Average Day is, we have prepared some self reflective questions:

Who are you with?

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What are you doing or experiencing?

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Who do you support or contribute too?

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What’s your house like and where is it?

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Who are your friends and people you are associating with?

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What’s the conservations you are having?

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How do you get paid?

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What do you do for that money?

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What excites and inspires you?

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What’s your exercise regime? When do you do it?

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Keep going and come up with as many things as you can. The more descriptive, the better:

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This is not a day you will necessarily live right now, or even in the next few years. Make it your goal to work towards achieving your ideal day in the next 5 to 7 years.