

We Are Tiger: Perfect Day (Amy Conway)

Describe your perfect day. The best day you can imagine.

Put a timer on your phone for 5 minutes and write as much as you can.

Where are you when you wake up? You can be anywhere. Remember, this is your perfect day, anything is possible.

Who are you with? You don't have to be with anyone. Some of my favourite days have been when I've been completely alone. You can also be with everyone!

What do you eat? Think, the best breakfast you've ever had in your life!

What do you do? Where do you go? Perhaps nowhere. Maybe you're perfectly content where you are.

And how do you feel? You might feel many things but hopefully you're living your best life.

When you're done, read back over what you've written.

That's a pretty amazing day you've just imagined.

Maybe it feels like an impossible day just now. But if you can, find one thing from your perfect day that seems possible. And now see if you can find a way to bring that one thing into your day, today.

If it's not doable then try to find a way to bring just a wee bit of those good day vibes into your present.

In reality, no day is perfect but we can try to capture a bit of how it might feel even on the worst day.