

Create your Ideal Day

A wide-angle photograph of a coastal landscape. In the foreground, a large, craggy rock formation with patches of purple heather sits on a grassy hillside. A winding road leads from the bottom left towards the sea. The middle ground shows a valley with green fields and a small white building. The background features a steep, rocky cliff overlooking a vast, blue sea under a cloudy sky.

By Amanda
Goldston

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“Creating Your Ideal Day- The quickest way to bring your dreams into reality.”

Introduction

This e-book has been written to offer you a different approach to Goal Setting, and to getting what you want in your life.

Much has been written on this subject. Some of it is very good advice, some of it is a bit questionable.

Over the years, I have probably tried almost everything and yet I never really seemed to move forward. I always seemed to be writing the same things down. Most of it seemed so far away and so unachievable.

When I came across the concept of the Ideal Day, it was like a breath of fresh air. As I started thinking about it, I realised that a lot of the things I thought I wanted to have in my life were not really that important and would not really make me that happy.

As I designed my Ideal Day, I questioned my motivations for my goals and came to understand a lot about the things, which were really important to me.

Many of those I already had in my life, and many more could be created without having lots of extra money right now.

When you write your Ideal Day and begin to live it, you can enjoy happy, successful days every day. You begin to really appreciate the magic of each moment, and to enjoy the present moment.

Much of our “Success” in life is made up of “Magic Moments”, rather than massive, monumental achievements. It is a truly wonderful feeling to be able to say, “I am living each day as I choose to”.

Have fun with this idea, relax, take the pressure off yourself, enjoy each day as it comes along, and start to live your “Ideal Day.”

I look forward to hearing of your Success.

Amanda Goldston

Why write an Ideal Day?

It is one of the quickest and easiest ways to bring all your goals and dreams into reality.

A wonderful life is made up of Ideal Days and wonderful moments. Live your life one day at a time and really enjoy that day. Savour the memories.

It is not just about a list of things you “want to have,” it is also about a total lifestyle. It is a feeling of peace, joy, love and fulfilment in everything you do.

It helps you to focus on what is really precious to you. More importantly, you realize what you really would not want to have in your life, if you were living with it every day.

Why is this different from goal setting?

Traditional goal setting tends to focus on a written list, usually consisting of things you would like to “have”, such as money, houses, cars, trips, clothes etc, and yet the mind thinks and creates in pictures.

Goal setting rarely gets you to really experience the new lifestyle or to establish what the downsides might be. Or more importantly how you might feel when you are Living your Dream.

Creating an Ideal Day covers all the aspects of your life in a much simpler format, with a lot less effort on your part.

Creating your Ideal Day helps you to realise how easy it is to be happy in your life right now. It helps you to be content with who you are.

You get results much faster because you are making small changes, one at a time.

You can truly separate out which goals are YOURS and which are the goals and dreams of your parents or of someone else.

How do you do it?

Think about your Ideal Day from the time you open your eyes in the morning to the time you go back to bed - Who is around you? Where are you? What are you doing all day? How do you feel?

Forget your current situation for the moment, because it may or may not be relevant to your Ideal Day. Ask yourself, as you put in each element, do you really want that? Why do you want it? How would you really feel if you got it?

For example I had always thought I wanted a huge house with servants, until I realised that I really like my privacy and would not want live-in staff. Firstly because of the responsibility of keeping them, but also because I would not want somebody (non family) always around me. So I settled for regular visits by cleaners and gardeners and perhaps someone to come in and cook a load of meals for the freezer for me.

Also I realised that I wanted to be “creating” products and not “marketing” them. I wanted a team of marketing people to do that bit.

It is important to think about how you would truly like to be living, and not how someone else thinks you should be living.

Really notice the things that give you pleasure and satisfaction, whether it is something as simple as reading a child a story, or having the time to really listen to your children or partner, or enjoying a leisurely walk with the dog, or a quiet coffee with a friend.

Some of them may seem small and simple, yet those are the magic moments that make an Ideal Day and often last a lifetime. - ******Very Important****** - Remove any feelings of guilt for indulging yourself.

For me, this was things like seeing the children with happy faces, or spending time helping them with their projects or having a positive, upbeat, squabble-free, family evening meal, or feeling really warm and snug in my new dressing gown (house coat) with a Tigger on it.

What small things on your list could you bring into your life now, that would give you huge pleasure and not necessarily cost a lot of money?

At least 2 Ideal Days:

You may find that you need a few versions of your Ideal Day. We certainly did.

We needed an Ideal Day for when there was just the two of us at home, and an Ideal Day for when the children are home from school.

The two days are quite different and we have found it very challenging to follow the same daily patterns for both.

What makes it so effective?

You are probably already doing things, which would form part of your Ideal Day, and are probably a lot closer to the Ideal than you think.

You don't have to change everything at once. In fact, you are making gradual changes towards your Ideal Day, so you get there without needing to put in huge amounts of effort.

You are enjoying each day as you go along and building towards your Ideal Day, so you are growing into it.

How should you write it?

Present tense, - I now do, own, have, am.... with feelings. For example, "I wake up, feeling refreshed after a wonderful night's sleep. I look across at my happy partner next to me, who is also waking up."

Personal- you can only write things which apply to you unless you have specifically agreed it with someone else, or it is a joint dream that affects both people. Even then it is vital to get the other person's input, as they will probably have a personal touch that is relevant only to them.

What needs to be included?

Relationships, people around you, who is around you or describe the characteristics of the ideal person/people around you, family (if you have any), where you live, what it looks like- town, country, garden etc, describe surroundings and furniture, car or other form of transport if appropriate.

Health, what you are doing, how you feel, what you are eating and where, who is preparing it. Any sports?

How you spend the day, working? Career? Hobbies? Travel?

How do you generate money? Work? Businesses? Investments? Passive income? One source? Multiple sources?

Travel plans

Pictures, trophies of awards for any achievements- career, hobbies etc

What should you avoid and why?

Trying to write for someone else, unless it is a joint plan and they have agreed to be a part of it, (otherwise they will try to sabotage your plans, if they had not really bought into them). Trying to change someone else never works!

Use of words such as “will” “going to”, “might” “want” - as this suggests some time in the future and that is exactly where it remains, or “if” “don’t”, as this negates all your good work.

Also be careful of “but” as this negates anything that has gone before. Watch for this word coming up as a thought as you are writing, in the form of “but, I’ll never have that” or “I don’t really deserve that”

Write it as “I am NOW...”, don’t use “You”- use present tense and positive tense, so avoid “I don’t want...”

How often should you read it?

Write it, or type it and read it at least once a day. A good time is last thing at night, just before you go to sleep because then your subconscious mind is quietly working on it, and finding ways to bring it into reality for you. You will probably then have creative flashes of inspiration over the next couple of days.

Why should you record it?

This speeds up the process enormously. Your subconscious mind is very used to receiving instructions from YOUR voice and it responds well to things it hears from you.

You can either record it with upbeat music behind it, which you can listen to at any time, such as in the car or at work, or you can even set the words of your Ideal Day to your favourite pop song and sing it.

You can also record it with relaxing background music, which is much more effective because you can let the words form images and pictures in your mind, and it will reach your subconscious mind quicker.

It is a form of visualisation, without the effort. Your ideal day can be a long or as short as you wish. Mine was 10 minutes to read and I put a short relaxation on the front, so the whole thing was about 20 minutes.

You can listen to it whenever you have got a few minutes or again, just before bedtime is an excellent time to listen to it.

Start to create it.

Begin right away. Wake up and Smile, if that starts off your day. Put in things that don't cost anything to do. Gradually start to make a few changes, and to develop some of the habits you would be doing on your Ideal Day.

Notice the changes, be grateful for the wonderful things that are coming into your life. Find more things you can be happy about in your life as it is. Enjoy each day as it comes.

Keep a Laughter Book

When you have magic moments, record them in a special book. Put in short stories of the things that made you laugh. Put a photograph with it to remind you of the story.

You have a fantastic treasure trove of wonderful things to brighten your day. When you open up a book of laughter, love and fun it will only be a few seconds before you find yourself smiling at those wonderful events.

5 Good Things, 3 Wonderful People and 1 “I Love You”

At the end of the day, our family comes together and everyone has to share 5 good things that have happened to them today, 3 people they are grateful for and 1 reason why they love another member in the family.

This has created a magical transformation in bedtimes in our family. It is so wonderful to go to bed feeling loved and appreciated and looking forward to the new day.

Conclusion

I hope you have enjoyed this short ebook on Creating Your Ideal Day. Please feel free to use any of the ideas presented here and gently release anything that does not resonate back to the Universe.

I look forward to hearing of your success.

With love & abundant blessings
Amanda Goldston

We also have a monthly newsletter, full of tips and hints on creating your Dream Life and living a truly blessed life NOW.

For more resources to help you live a life of abundance, please visit

<http://www.GetYourDreamLife.com>

About the Author

Amanda G. Goldston

After graduating from the University of Salford in 1989, I worked in various positions as a self-employed sales person in industries as diverse as encyclopaedias, driveways, booklet advertising and ended up as one of the top sales reps in a large national window and conservatory company, where I worked for 6 ½ years.



I began to apply simple relaxation techniques before my sales calls and found this had a marked increase in sales. I became fascinated by the ideas of using my mind to help create success. I also spent a lot of time teaching, training and inspiring others, both in the field and in classroom situations.

I found that the more I could relax and visualise my ideal outcome, the more successful I became. As a successful female in a highly male dominated industry I was on the receiving end of a lot of jealousy and highly destructive energies.

Learning how to protect my energies was one of the first things I learnt and now teach others to do. This led to a keen interest in energy healing and the awesome power of our thoughts in creating our lives.

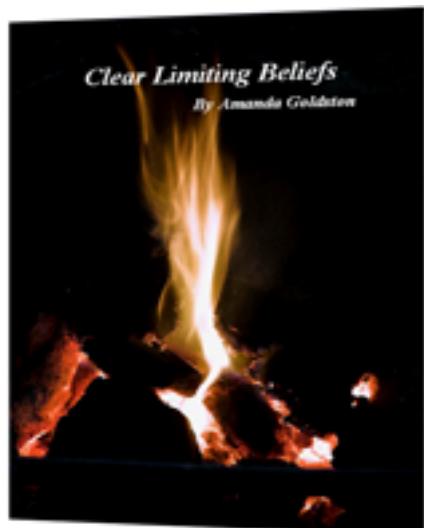
Other products that might interest you:

We have a range of relaxation CDs, audio downloads (MP3s), ebooks and courses to help you attract your DreamLife in the shortest possible time. Here are some of the other products our many clients have found useful.

Clear Limiting Beliefs Audio Relaxation and Workbook

What stops you from having the life of your dreams and the success that is your birthright?

There may be deep-rooted beliefs about yourself or money or rich people, which go back to childhood and may still be holding you back today.



Fortunately they are very easy and quick to identify and change, with a few simple, yet very effective methods.

The programme comes with a powerful audio relaxation, which lets you gently dissolve blocks to success- while you sleep!

<http://www.getyourdreamlife.com/limitingbeliefs.htm>

Creative Problem Solver workbook and audio relaxation package

Have you got niggling worries that won't go away?

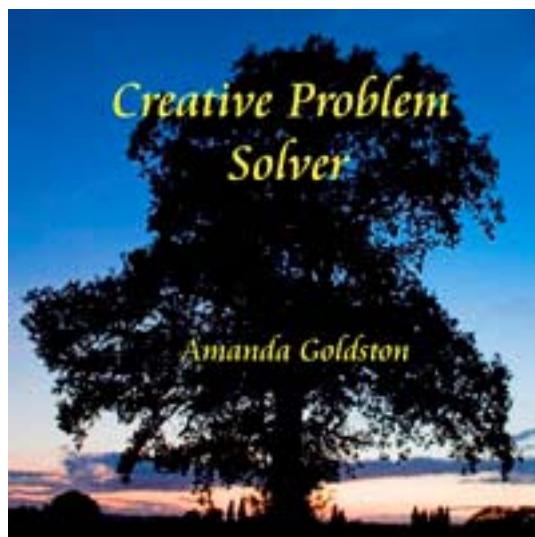
Do you have a pressing deadline for a project and have run out of ideas?

Do you need to find ways to create a win-win situation with a difficult child, colleague or work client?

Would you like to have a flood of creative ideas on tap whenever you need them?

Well, now you can.

With your Creative Problem Solver workbook and companion relaxation audio programme.



Put your feet up, relax and let your creative mind come up with the solutions to any challenge for you.

<http://www.getyourdreamlife.com/creativeproblemsolver.htm>

For more resources please visit <http://www.GetYourDreamLife.com>

With abundant blessings

Amanda Goldston

Create Your Ideal Day Ebook. <http://www.GetYourDreamLife.com>