Vigualization Exercise

What does your ideal day look like? Where are you waking up, what time? What's the first thing you do when you wake up? How do you feel throughout the day? What are you working on? Do you have a set schedule or a spontaneous one? What do you wear, where do you go, how do you get there? What do you hear? Who are you with? What do you smell? Write it out in the present tense.

EVERY DAY, I WAKE UP			
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