



# Life Is.

## Build your day. Create a life you love.

Life is lived in the days. To build a life you love, learn what an ideal day looks like for you.

How you start and end your days are key to your well-being and living a full life.

Explore what morning and evening routines will fill your cup first and bring you back to yourself and promote your best rest.

Keep a journal for a week and note:

- What time of day do you have the most energy?
- When are you most productive?
- When do you feel most creative?

Other things to think about:

- What do you want your meals to look like?
- Daily self care?
- How many hours of sleep do you want?
- What activities would make your day amazing?

Be very detailed. Think about your perfect day, then start finding ways to shift your days closer to that.



Want to go deeper? Explore our life design and coaching programs at: [www.thelifeisproject.com](http://www.thelifeisproject.com).