

Discovering Your AUTHENTIC SELF

*The Most Powerful Realization You Can Make
About Yourself Before You Start Marketing*

The following exercise is intended to be used in conjunction with the audio file provided in the Home Business Labs training center.

Refer to that audio to go through the exercise in real-time. The following information is provided so you can revisit the exercise at your convenience.

“If there were no limitations or negative consequences, what would your perfect average day look like?”

1. Where would you live in this perfect day?
2. What would your house look like? Is it in the city or the country? What does it feel like inside? How does it smell? Is it clean?
3. What time do you wake up? What would you do when you wake up?
4. What would you do in the morning? What do you think about in the mornings? Who is the first person you speak to? What are your first thoughts?
5. What would you have for breakfast? Who would you be eating with? Is it a quiet, serene meal? Is it full of conversation?
6. How do you spend the first half of your day? Do you work out? Do you do yoga? Do you jump right into your hobby or business?
7. What would you have for lunch? Who do you eat with? Do you eat at home or do you go out to a restaurant?
8. What would your friends be like? (For this question, you can re-invent the behavior of your friends, too. If you normally eat with friends at a greasy fast-food restaurant talking about gossip or negativity and that's



not your perfect day, feel free to write something like “We eat a healthy meal in a restaurant while talking about how incredible our lives are.”

9. What would you do for personal fulfillment? (It’s not human nature to stand still. Even if you’re a multi-billionaire with everything you want, there is a spark in you that strives to accomplish something worthwhile.) In other words, you can’t just screw around, doing nothing all the time. What life purpose are you moving toward?
10. What kind of business are you in? Are you doing the same thing you’re doing now, only bigger and better? Or are you doing something different? If so, what is it? What are your customers likes? How do you interact with them?
11. What is your relationship like with your spouse and family? What do you talk about? What do you do together? What do you like about them? What do they like about you?
12. Do you have dinner with your family at home? Or go out? What do you talk about? Who else is there?
13. How do you finish your day? What are your thoughts as you go to sleep? Do you go to bed worrying about things? Do you go to bed thinking about how excited you are about the next day? What is your mind focused on?

