



Create the work you love

Quick and easy guide to get your
creative mojo pumping and find
out what you really want





Welcome!



Are you stuck in work and lifestyle that no longer brings you joy and satisfaction? Do you want to make a change but don't know where to start? Do you lack the clarity and confidence to move towards your goals?

This simple and quick creative writing exercise is a fun and creative way to get you started on your journey to having both work and a lifestyle that satisfies all your needs: values and purpose; security and financial goals; overall health and well being; family, friends and community.

By following the prompts you can design the ideal working day for you, from the moment you wake up..

Create an exciting future for yourself and those you love.

Be kind, be open and have fun!

Judith Bowtell
Founder and CEO
Albany Lane Consulting

Creative Guide

Get to the heart of your work and lifestyle goals by designing the ideal working day

WHAT TO DO

Find yourself a quiet place and choose a tool to capture your thoughts and ideas. This can be a journal, a sketch book, or even a camera if that works for you.

Before you start, take a moment to close your eyes, notice your breathing, and generally connect to the space you are in right now. Pay attention to the sounds around you, the feeling of the chair or ground where you sit, and the feeling of coolness or warmth around you. The more details you notice the better.

When you are ready, start to work through each creative prompt step by step. The aim is to imagine you are actually in that specific place in the present time.

Try not to force an answer that you feel you "should" or are "expected" to give. Be open to new thoughts, ideas and images.

Notice as MANY DETAILS as you can at each stage using all five senses - what do you see, feel, hear around you? When you pause for refreshment how does your food and drink smell and taste.

Take your time, and allow yourself to record much as you can at each stage, paying particular attention to your feelings and emotions as they are in that moment.

When you finish - give thanks to your inspiration for all it has given you and give yourself a big hug!

Quick Tips

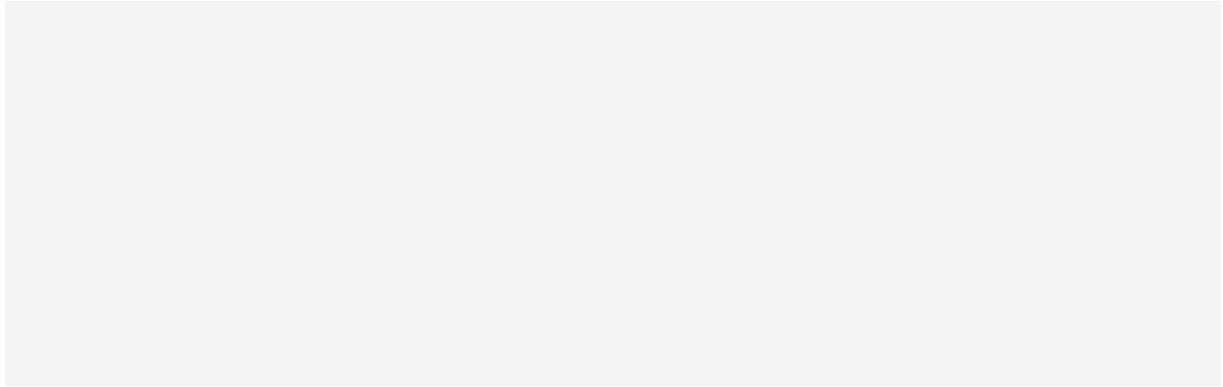
- Allow yourself to write junk! Don't get stuck waiting for the perfect answer.
- Pay attention to details, no matter how odd they seem at the time.
- Be open to whatever comes to you and avoid judging your answers as you write or record.
- Try to complete the exercise in one sitting. It should not take more than 10-15 minutes.
- Be kind to yourself throughout. Let your inner-critic take a short nap whilst you get this done!

Creative Prompts

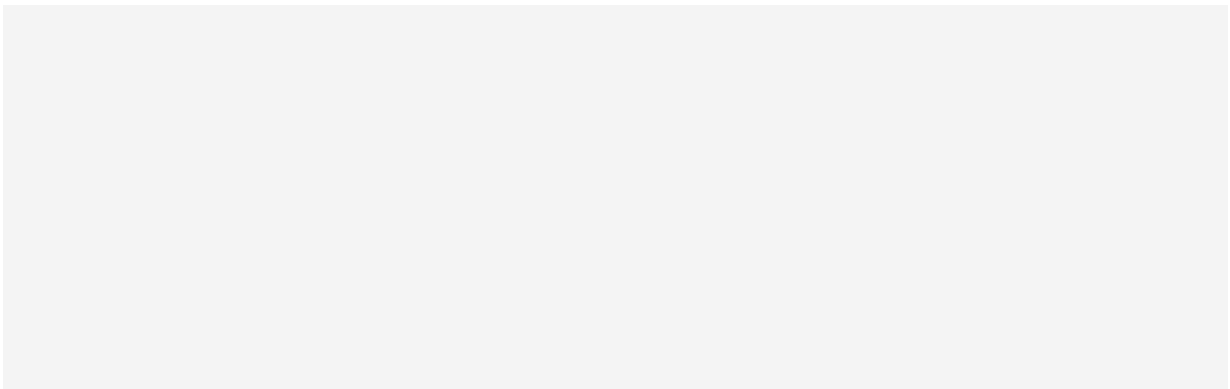
Take your time to work through each prompt as they come.
REMEMBER this is about creating your own ideal working day

You wake up on your ideal working day?

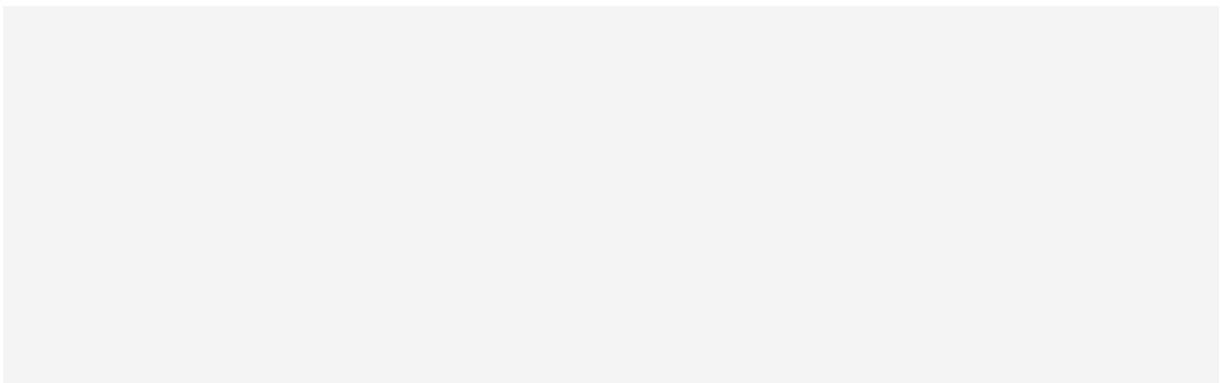
Before you get up, notice all the details of where you are living and what time it is?



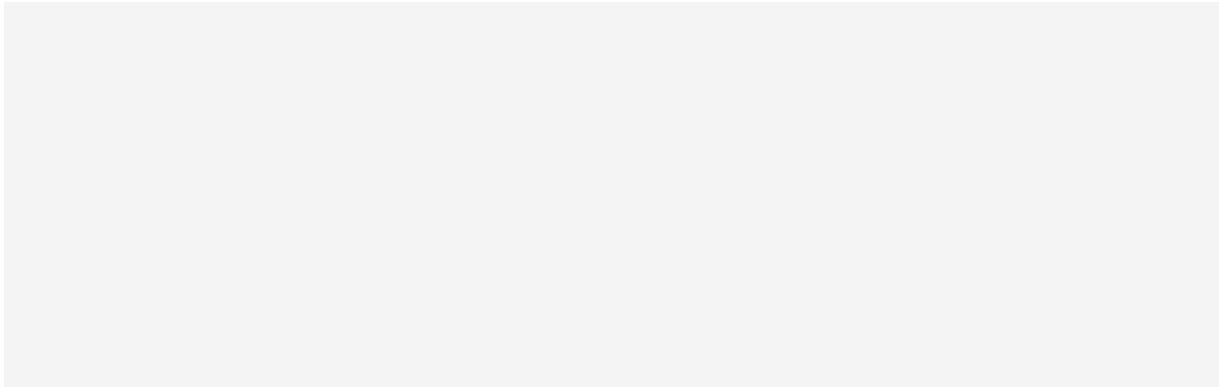
How do you prepare for day ahead? What clothes do you put on and what do you pack to take with you?



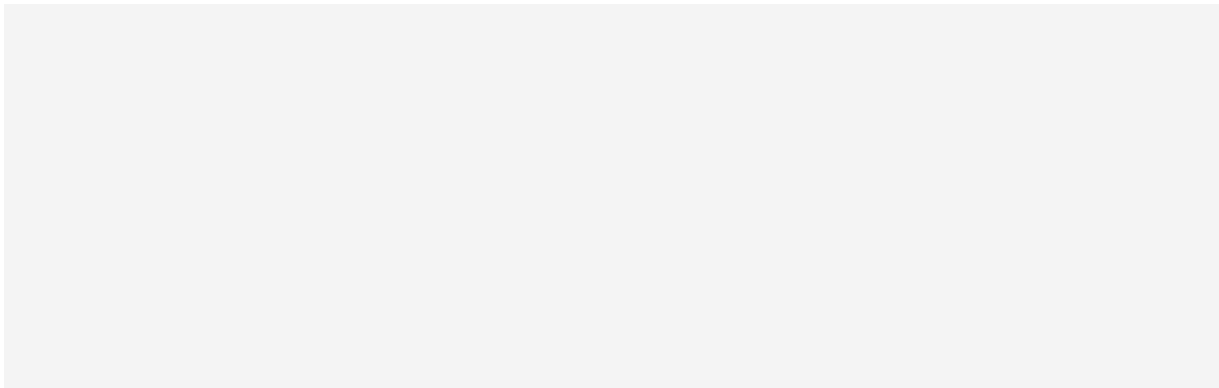
What time of day is it and what is your environment like?



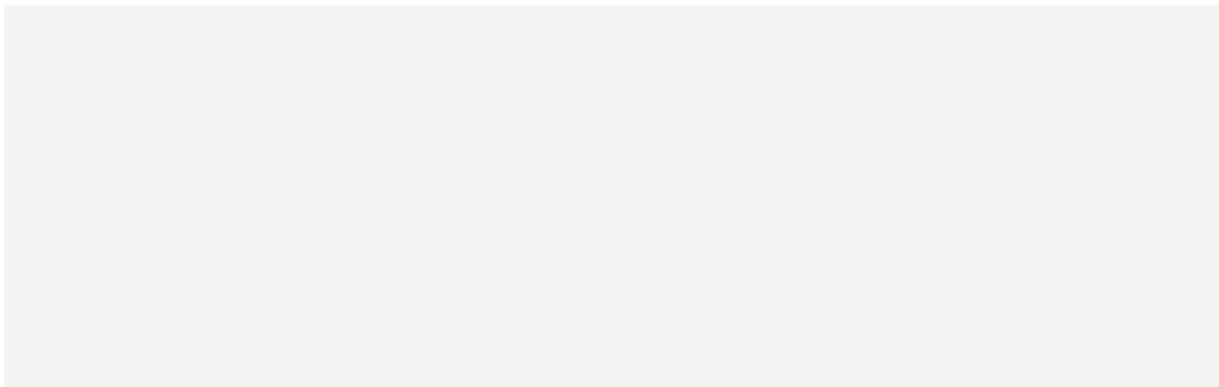
Notice all the details of your commute to work: the landscape, your transport, how long it takes. who else is about?



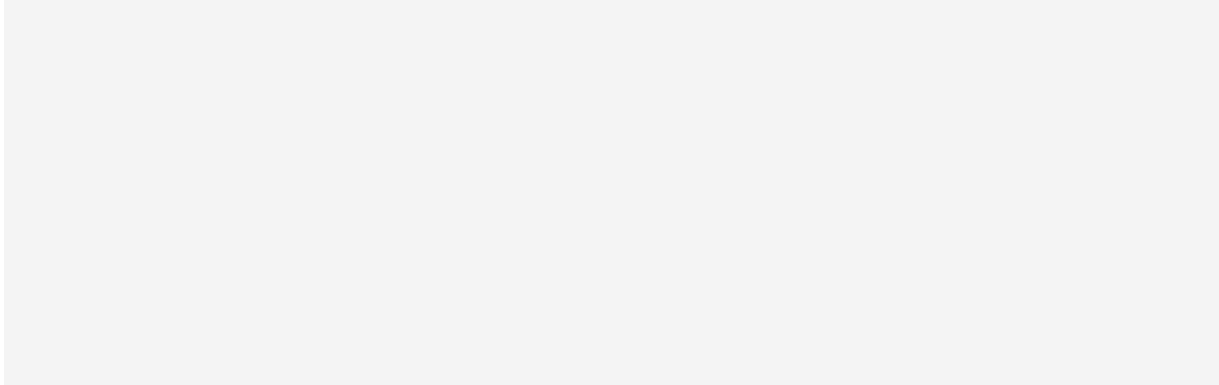
Take a moment when you arrive at work to take in all the details of the building and/or environment for your work



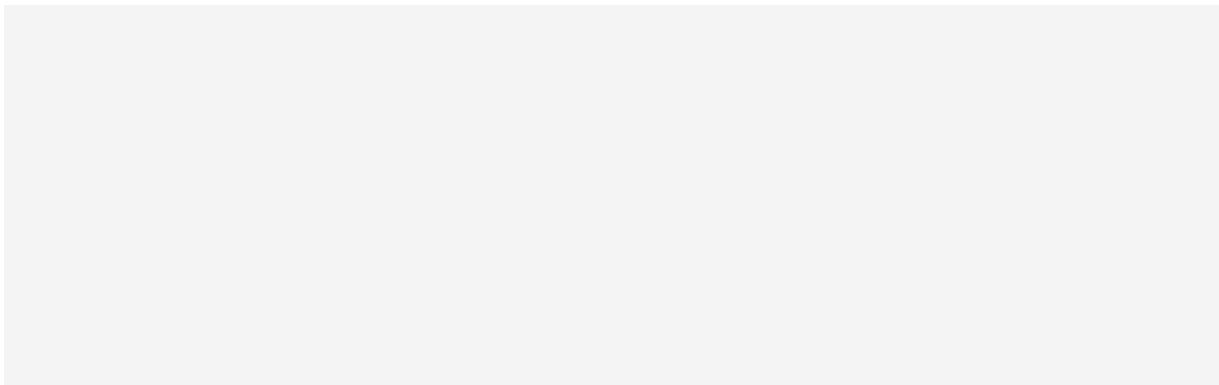
Enter the building or work-site and take in how it feels to be here. Remember this is your ideal day!!!



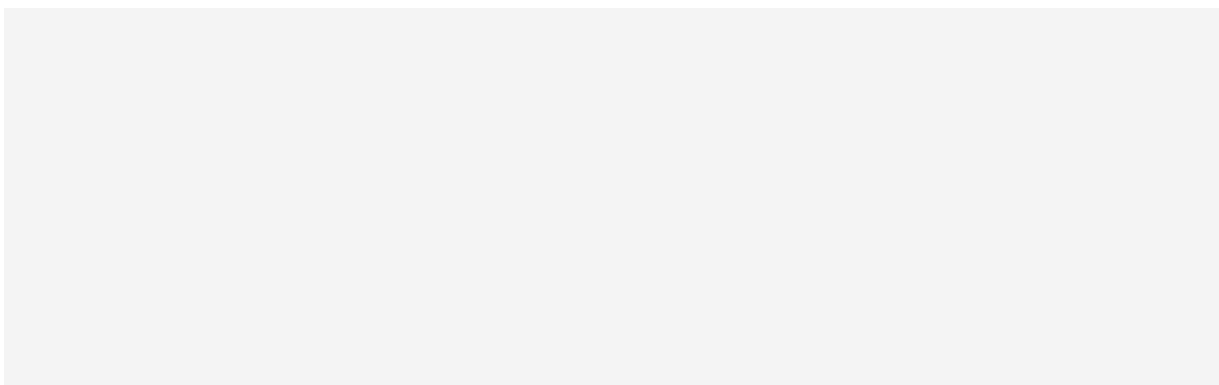
Go to your workplace and describe it in as much detail as you can. What tools and equipment do you use, who are you in contact with, describe the light, the air, the overall sensations of being here.



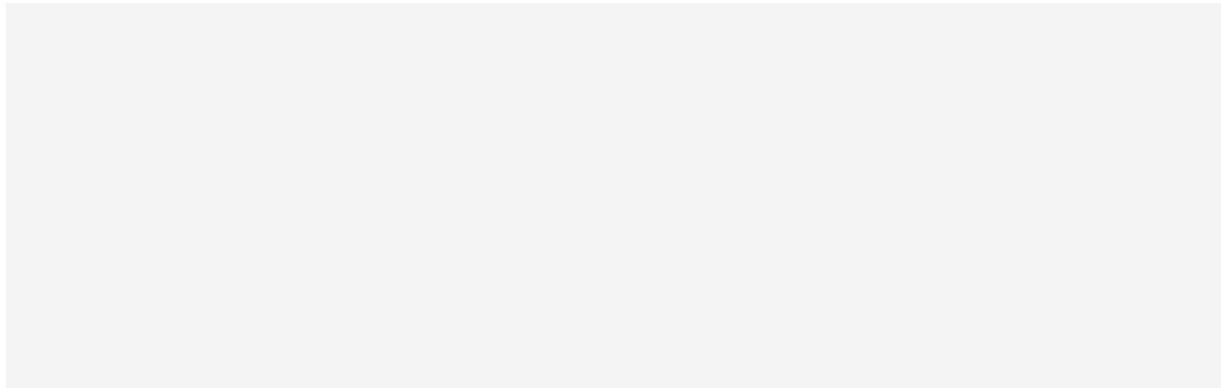
Spend your morning doing your regular duties. Again give details of who, what, where, when and how you do your work.



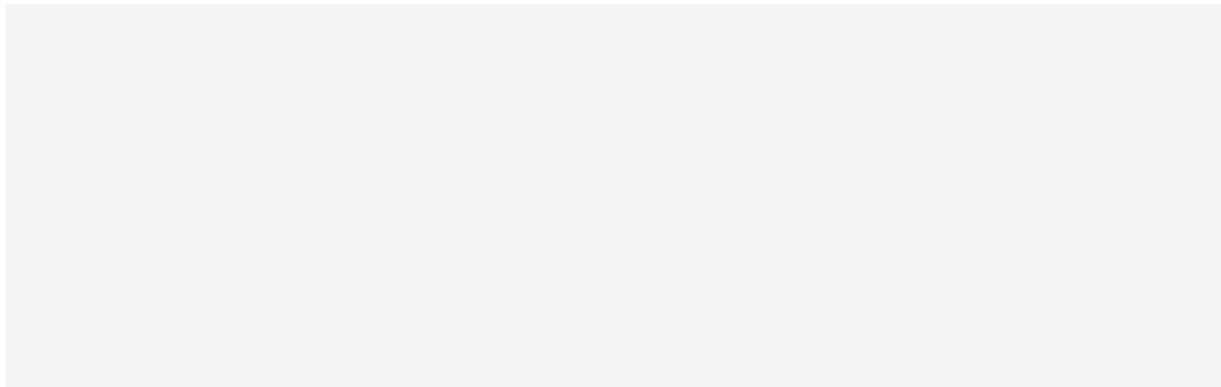
Now take your mid work day break. What do you consume, where, with who.?



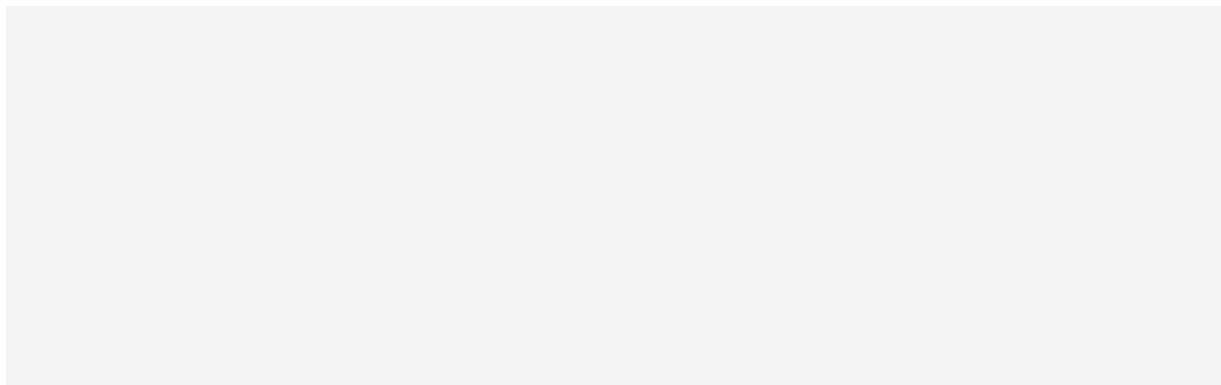
After your break, begin the second half of your day. Today you have the opportunity to do the MOST satisfying part of your work. Describe this in detail.



Having completed that work, you now get to prepare to head home. Notice what you take, what time it is, who you talk to and who talks to you. Notice how you feel.



Now top of your ideal working day with your ideal wind down activity ! Spend it anyway that best encapsulates the lifestyle that satisfies YOU, no matter what time of day. You have earned it!





Make it real, with clarity, confidence and courage: Career Coaching Program

Now that you have got to the heart of what a working life would be that gives you joy and satisfaction, capture that excitement by booking a FREE no obligation consult call with Albany Lane about how we can support you through one-to-one coaching to make that vision a reality.

BOOK NOW

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