

# Perfect Day Online Audio Meditation & Activity

## The Perfect Day ONLINE AUDIO Meditation

Perfection doesn't exist. However, I believe we experience perfection in our lives in tiny moments and memorable experiences over time. Recall a moment or experience in your life that was perfect. This experience may have lasted minutes or months. This is a time when *you felt complete, whole, or right*. Maybe there was complete silence, or maybe divine choirs of angels were singing. Time stood still. Life was more beautiful than ever before. What if we could collect the feelings and experiences and create one perfect day, jam-packed with heart-busting perfection?

On my website, [www.HomeCoachHoff.com](http://www.HomeCoachHoff.com), you will find Perfect Day Meditation. This meditation allows you to imagine the most magnificent day of your life. Embedded in the "perfect" day meditation are your personal guiding values. Harvesting values from this "perfect" day brings attention to the few, critically important elements that we need to give life meaning. These nuggets are the elements that shape your one big life. After the Perfect Day Meditation and following activity, you will be able to identify your top three values.

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## *The Perfect Day Meditation Activity*

**WHAT:** After listening to the Perfect Day Meditation, you'll be able to describe your perfect day and identify your top three values.

**WHY:** To harvest your top three values from the meditation to use as a filter when making decluttering decisions.

**HOW:** Access Perfect Day Meditation audio file and complete corresponding activity to discover your top three personal values.

**TOOLS:** Computer, tablet, or phone to access the Perfect Day Meditation audio file on [www.HomeCoachHoff.com](http://www.HomeCoachHoff.com), sample list of values, a notebook, writing utensil, tablet, or computer to write down answers.

**TASK:**

- Find a comfortable place to meditate. Eliminate interruptions for at least thirty minutes.
- Listen to the Perfect Day Meditation audio file on [www.HomeCoachHoff.com](http://www.HomeCoachHoff.com)
- Complete "Harvest YOUR Values" steps 1–3.
- Select the top three values.

**TIME:** Thirty minutes.

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Activity: Harvest YOUR Values

**STEP 1:** Circle YOUR values from the list below. Similar values (to you) may be linked, such as Autonomy with Freedom. Feel free to add values not listed below.

## *Sample List of Values*

Accomplishment	Emotional health	Partnership
Accuracy	Environment	Peace
Achievement	Excellence	Performance
Acknowledgement	Excitement	Personal power
Adventure	Familiarity	Power
Aesthetics	Forward the action	Privacy
Agency	Fun	Productivity
Aloneness	Growth	Recognition
Altruism	Harmony	Resilience
Authenticity	Health/Wellness	Resolve
Autonomy	Honesty	Results
Beauty	Humor	Risk-taking
Being a visionary	Integrity	Romance
Bonding	Intimacy	Security
Camaraderie	Joy	Self-expression
Certainty	Lack or pretense	Sensuality
Clarity	Leadership	Service
Collaboration	Learning	Solitude
Commitment	Loyalty	Spirituality
Community	Magic	Success

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Completion	Mastery	Teamwork
Connectedness	Meaning	Traction
Contribution	Moderation	Tranquility
Creativity	Nature	Trust
Directness	Openness	Vision
Drama	Orderliness	Vitality
Elegance	Ownership	Other values??
Empowerment	Participation	

**STEP 2:** Circle your top ten values. Without these values life would not hold meaning for you.

**STEP 3:** Finally, to further clarify your values, write your top three values below. These are those values you would die for. Narrowing them down develops your choice muscle. What top three values do you need to feed your soul?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Use this space to write down one way you can express each value today.

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