

Lyn Christian, master coach and CEO of Soul Salt, Inc., has trained hundreds of coaches across five countries. Her "Perfect Day" exercise will help you uncover or rediscover your dreams and take concrete steps toward bringing them to life.

"Dreams can't come true unless you take time to really dream," Lyn says. "Too often, we get in a churn-and-burn mode. We forget to stop and ask, 'If I could have my life just the way I want it, what would it look like?' Allow yourself to stop and dream for a few minutes, and you can have exactly what you want."

Part I: Define Your Perfect Workday

Reserve 5 to 10 minutes and do some free thinking or brainstorming. Settle into a favorite place with a cup of coffee or whatever makes you feel at home and comfortable in that space.

1. Outline your perfect workday, workweek, or work month.

If time and money were no obstacle, what would a perfect workday be like?

What time do you get up in the morning? What kind of environment do you wake up in? What do you eat for breakfast? When do you start working? Who do you work with? What kind of work do you do? Do you listen to music? When do you take your breaks? What does your afternoon look like? What time do you stop for the evening? How do you spend your evening? Is Monday different than Friday? How many days a week do you work? How much do you earn? What kind of satisfaction do you gain from your work?

2. Commit to a 10% change.

You don't have to change everything all at once, just change things by 10%. Dream a little bit and start making that your reality. Look at the work you're doing now and make it a goal to transform at least 10% into your perfect workday. Commit to keep working at it for the next year, one piece at a time, until your perfect workday becomes your reality.

3. If you get stuck, try something new.

Go to some of the people you admire or people you think are living their dream, and find out what their workday is like. Experiment. Start trying some things. When you were a kid, how did you know which candy you liked, or whether you wanted to ride a bike or roller skate? You had to try things on. Take a day off and shadow somebody who's doing something you might be interested in. Or shadow someone in your company who has a role you think you'd enjoy.

Be Nice (Or Else!)

One of Lyn's clients did this activity and saw herself on a horse ranch. A year and a half later, Lyn drove out to the ranch to help her client put her new horses into her barn. Dreams can't come true until you stop long enough to identify them.

Part II: Define a Perfect Day in Your Personal Life

Reserve 5 to 10 minutes and do some free thinking or brainstorming. Settle into a favorite place with a cup of coffee or whatever makes you feel at home and comfortable in that space.

1. Describe a perfect day.

If time and money were no obstacle, describe a perfect day in your life. This exercise can be difficult for some people because they've never fathomed what they'd do if they didn't have to work.

If you didn't have to earn a living any longer, what kinds of things would you do? What does your life look like? Where do you wake up? How do you find value in your day when you don't have to define yourself according to a role in a job or at work? Who do you get to become?

2. Set a due date and start working your way from the dream back to reality.

What will it take for you to adjust in your work today and tomorrow in order to set you free for this dream? When will you do that? When will you start making your plan?

Some people do this exercise and realize they never want to stop working or they always want to make a contribution. Others realize that if they really want their dream, they'd better get in gear and start planning for it. This exercise won't lead you one way or the other. It will simply help you find your own path, if you're really being honest.