

A woman is sitting and holding a white mug of coffee. She is wearing a grey and white striped top and blue jeans. The background is a light, neutral color.

BB

DESIGN YOUR IDEAL LIFESTYLE

DAY 4: GLOBETROTTING GIRL BOSSES

7-DAY CHALLENGE

LET'S LIVE CREATIVELY - DAY 4!

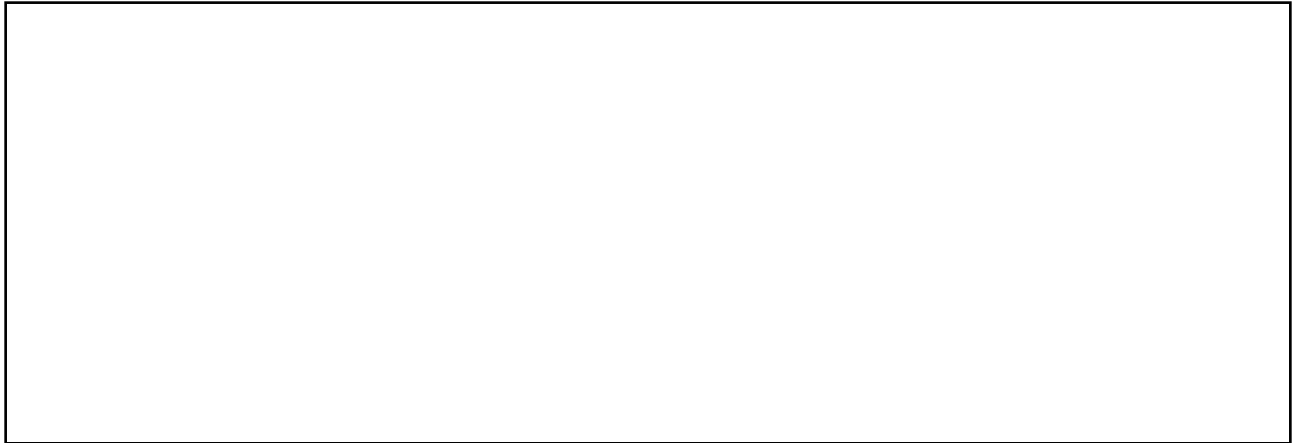
Day 4 is all about living creatively, which in a nutshell, means designing your days so that you wake up each morning with straight up joy at the day ahead!

ACTION STEPS: What are the things in life that bring you the most joy?

What types of hobbies/activities do you love doing?

How do you like to unwind at the end of your day? (dinner with friends, a yoga class, a good book etc.)

Based off your answers, what would your ideal day look like? Don't hold back!

A large, empty rectangular box with a thin black border, intended for the user to describe their ideal day.

What is ONE thing you can incorporate this week to start making your ideal lifestyle a reality?

A large, empty rectangular box with a thin black border, intended for the user to list one thing they can incorporate into their week.