
APPENDIX 13.1: Worksheet for the Perfect Day

BEFORE THE ACTIVITY

Think about what would constitute a perfect day (afternoon/hour) for you, one that you could realistically experience right now. What would this day look like? What would you do on your perfect day (afternoon/hour)? You might choose to map it out very carefully, with specific activities to be done at specific times from morning to night. Or, you might prefer a more spontaneous approach. The level of detail is up to you. However, please indicate some of the key places, people, and activities you plan to engage in.

Before class meets again, attempt to live that day (afternoon/hour). As soon as possible afterward, complete the next set of questions.

AFTER THE ACTIVITY

Instructions: As soon as possible after your perfect day, answer the following questions. Prepare to discuss in class.

What did you plan to do on your perfect day?

How much concrete planning did you do ahead of time?

Did the day go as expected? Why or why not? Consider both internal reasons (e.g., your own thoughts and feelings) and external reasons (e.g., your schedule, other people).

What were some of the high points of the day? What were the low points?

What would you most like to change?

Did you notice yourself monitoring how happy you felt as you went about your day? Did you pressure yourself to be happy? If so, how do you think this affected your experience of your perfect day?