

Mindful Meditation 19: Curating Your Ideal Day - Divine Design in Daily Life

"Let us reflect on Psalm 118:24: 'This is the day that the Lord has made; let us rejoice and be glad in it.'"



Hey there, Faithgineer!

Welcome to a Mindfulness Meditation. In this meditation, we will journey through visualizing our perfectly curated day, a day in which we align our vision for prosperity, peace, and joy with God's divine design and purpose for our lives.

Find a quiet place where you can be undisturbed. Bring your Bible, a pen, and your #FaithFocusFlow notebook to write down insights and revelations ... from Holy Spirit straight to you.

[Click here to listen to the meditation audio.](#)

Let's start our meditation with a few deep, calming breaths.

*Inhale the potential of a new day;
exhale reminders of any limitations from yesterday.*

*Breathe in hope;
breathe out doubt.*

Now, that you are more centered than you were before, let's mentally journey through your ideal day with full confidence that what you can visualize, you can actualize.

Let's Start with Your Vision and Your Plan

See yourself writing a clear and detailed vision of your ideal life. Imagine this vision transforming into an actionable plan that guides your steps, with enough flexibility for you to confidently and courageously make adjustments along your way.

Picture Your Ideal Vocation

Visualize walking in your calling while being fully engaged in Work (*with a capital W*) that is fulfilling and aligned with your divine purpose through Christ.

See Your Ideal Relationships

Picture beautiful relationships – romantic, platonic, and with family. Relationships that enrich your life with love, truth, care, and joy. See yourself engaging in life-giving interactions that are rooted in mutual respect and consideration of each other.

Picture Your Ideal Workplace Connections

See your ideal clients, customers, colleagues, and both business and civic communities. Picture interactions with people you admire and respect being filled with shared wisdom, mutual respect, fruitful collaborations, laughter, and joy. So much joy!

Imagine Amazing Travel Experiences

Envision yourself traveling in a way that brings you joy. Whether for leisure or work, see yourself exploring new places: learning, growing, sharing, and enjoying every minute.

Picture Health and Wellness

Imagine your ideal body composition and your body vessel providing a strong foundation for you to live your life to the fullest, experiencing your every heart's desire with vitality, strength, and joy.

See Your Ideal Day

Visualize walking through your ideal day, from morning to night, weekdays and weekends too.

See every part of your day and week unfolding beautifully - through work, play, worship, self-care, family care, friendship care, rest, and the things that bring you joy all integrated in a way that fills your cup to overflow.

As you continue to visualize your ideal day and life, hold tight to your belief and faith that all things are possible for those who love the Lord and walk in accordance with His purpose.

As we wind down this meditation, see yourself filled with joyful gratitude, rejoicing in the day the Lord has made, and being glad in God's divine design for your life. Amen.