

I am in that peaceful stage of the morning – not quite asleep, but not quite awake either. Dreams wash over me, but I am also becoming aware of my surroundings. I am lying in Simon's arms, and the sun streams through the window onto the bed. Outside, birds are singing, and I smile in my dreamy state, listening to their song.

I breathe my first conscious breath for the morning, and excitement about the day ahead flows through me. I wonder what the day will bring, and I stretch to wake my body.

Simon and I talk for a while, about our hopes for the day, and then I get up. I love to be up by myself in the morning – to sit with the sounds of the morning and let my inspiration for the day ahead develop. I drink a glass or three of water, and then do about half an hour of yoga – outside if it's warm enough - by which time the kids and Simon are beginning to move into the day too.

My mood determines my perfect breakfast, and there are many that will fit the bill for me. If I am looking for something fresh I will have a green smoothie, but sometimes pancakes or a cooked breakfast are just what I'm after. Other times it will be fried rice. Whatever floats my boat on this perfect morning is what I will eat – paying attention to my food and my family and on this perfect morning we are sitting outside on this beautiful warm, sunny day. Because I am such an organised person, I also prepare dinner at this time – either by putting something in the slow cooker or getting everything prepared ready to turn on later. Sometimes I will also bake some biscuits or a slice – and sometimes Ashley will do this instead!

After breakfast I check for book sales, and package up all the books I have sold overnight. On my way to my morning activity I send them off.

It is now ME time. I energise myself with either a dance class, a paddle on the lake or a bike ride. This takes about an hour, and leaves me feeling great!

I return home for some focussed time on my business. This may be work for a client – illustration or writing work, or I might work on developing my websites, advertising my products or creating new ones. It really depends on what demands my attention the most.

My first job is to respond to emails, and then I am in full creation mode. I work in 50 minute blocks for 2 or 3 hours, and feel hugely productive throughout. After I am done, I sit back and admire all I have done, and spend a few minutes writing notes for tomorrow.

For lunch, my absolute ideal is to go out with Simon, and the kids if they are about. We sit outside again – because we can – and have a lovely relaxing, connecting time.

After lunch it is family time. A time when we all do something together, which may (and probably does on this hot, perfect day) involve water. We also go for a walk or ride together in the forest, enjoying the dappled sunlight and the cool shadows between the trees. We decide to have a picnic dinner by the lake, and return home briefly to collect it, before spending a lazy warm evening by the lake.

Back home, we relax, watch a movie, and the kids go to bed without a single complaint. The day has been amazing, and Simon and I reflect on how much we both got done and how excited we are for tomorrow too.

Before I go to bed, I sit for a while by myself and meditate. My mind feels clear and easy. My day has been perfect.