

Ideal Day/ Week/ Year

What if you had total control over your schedule? How would you spend your time...ideally?

Don't worry about anything that may be preventing you from your ideal schedule yet. For now, have fun dreaming and imagining, and notice how you feel when you think about these schedules becoming reality. Try to get as specific as possible with your answers. The idea is to paint a detailed picture of your ideal day/week/year.

Once complete, please email a copy to your advisor.

A few notes before you get started:

1. **Take a moment to list the practical activities that bring your Essential Elements to life and how often you want to do them—daily, weekly, yearly.** As you lay out your ideal calendar, schedule these first before anything else fills the space.
2. **Don't worry about picking the perfect time or date.** Chances are it will change anyway. The simple act of choosing one, though, is what sets the wheels in motion. Take the plunge, pick a time and date, and see what starts to happen!
3. **Again, this is ideal—not what you are doing now.** (Unless of course, you are already doing exactly what you want to be doing!) Nothing is off limits; take control of your life and get out of any rut you find yourself in.

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#1: First, think about your ideal weekday.

What does it look like? If you're working, when do you start and end your work day? What do your beginning-of-the-day and end-of-the-day routines look like? What activities, rhythms, and/or personal connections do you prioritize?

Morning:

Afternoon:

Evening:

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#2: Next, describe your ideal weekly routine.

Think about activities tied to a specific weekday, Monday through Friday. What comes to mind? What do you want to do, on which day, and at what time? No need to be redundant to Step 1, just note anything specific to a particular day.

#3: What does your ideal weekend look like?

How do you spend your days? What do you do? What do you not do? What boundaries do you set up? Try to get specific—the goal is to paint a detailed picture of your ideal weekend.

Saturday:

Sunday:

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#4: Finally, describe your ideal year.

Let's zoom the lens all the way out. What does your perfect year look like? What seasonal cadences or routines do you follow? Who do you make sure you spend time with? What specific events or activities do you prioritize? Again, no need to be redundant, just note anything specific to a particular season as you find helpful. Place an asterisk (*) around the specific activities you are most excited about.

Winter: December, January, February

Spring: March, April, May

Summer: June, July, August

Autumn: September, October, November