



Ideal Workday

This is a day you design – you spend it doing things you love, that you’re good at. You have positive impact on the company, and enjoy the day. Take a few minutes and visualize this day, then describe it below.

I wake up and start with my morning ritual/workout of _____

I start work at _____ on an ideal day!

The first thing I do is _____

What else do you do in an ideal day? Who do you spend time with? What do you accomplish?
How do you spend time on the future? Outline it below:

For lunch, I _____

I wrap up my day by _____

On an ideal day, I leave work in time for _____

The best thing that happens in an ideal day is _____

I have the most impact in my ideal day by _____

Reflection

How different is this from a typical work day?

What’s the most important change you could make to bring you closer to your ideal day?

