

IDEAL DAY *worksheet*

Download this tool kit and get to work on getting more money and building a business!

WE ARE SUPER GLAD YOU'VE DOWNLOADED OUR IDEAL DAY WORKSHEET.

We are combining years of experience, trials, and lessons into what we are sharing.

.01

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Input information

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Gain the knowledge
you need to kick ass

CURRENT DAY

worksheet

Use this table to outline your current day: how and where you spend your time, work, non work, etc.

I wake-up in the morning and look out my window to see	
I get dressed in my favorite outfit, which is	
I enjoy my breakfast, which is	
Before getting started with work, I like to	
Work starts at	AM
My work location is	
I'm starting a new project I'm excited about, which is	
While I work, I hear/listen to	
I enjoy a lunch that consists of	
Throughout my day, I like working with	
I finish up work around	PM
My work day lasts	hours
It's important that I spend time each day doing	
For dinner I like to have	
I enjoy spending my non work time with	
In the evenings I enjoy	
One thing I am glad I don't have to do anymore is	
I end my day by	
I go to bed feeling	

IDEAL DAY

worksheet



[Link to an article about how awesome this is](#)

Use this tab to outline how your ideal day would go. Be honest and open; put down what you want and what is most important to you right now.

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AUDIT *sheet*

Use this table to compare where you currently are to where you want to ideally be. Ask yourself these questions and start to steer your decisions and direction closer to that ideal.

Remember, our "ideal" changes as our life changes, so come back and use this once or twice a year to stay current.

<p>1 Where do you see the most obvious misalignment?</p>	
<p>2 Which of these seems the easiest and the hardest to attain? Why?</p>	
<p>3 Which of these changes do you want to see happen the quickest? What can you put on a longer timeline to achieve?</p>	
<p>4 What is the smallest thing you can start right away to get you closer to your "ideals"?</p>	
<p>5 What recent decisions have you made or do you see coming up that you can change to get closer to your ideal vision?</p>	
<p>6 List 5 people who can help you get closer to one or more of your "ideals?"</p>	
<p>7 Who is one person you can share this with who can help you be accountable to making adjustments?</p>	
<p>8 What surprised you most about this exercise?</p>	
<p>9 Which of your "ideals" has changed since the last time you did this exercise?</p>	
<p>10 Fill in the blank...In 5 years I will _____</p>	