

## PART 1: The Macro

What do you want your day to look like in an overall sense? Getting an idea for your perfect day in a broad sense will help you hone in on the specificity of part 2 of this exercise.

### How do I want every day to look?

Filled with friends, family, and love  
Creating new connections and making incredible content

### How do I want to feel every day?

Grateful, healthy, confident, successful, courageous, vulnerable, loved and loving

### What do I want to create on a daily basis?

Deep connections, incredible content, joy, gratitude, service

### Who do I want to spend time with?

My girlfriend, friends, family, influencers

### Where do I want to spend my time on a daily basis?

At home, the gym, surrounded by great people

### What passions do I want to fulfill every day?

Creating connections with influencers and new people, working out and taking care of my body, spending time with people I love, playing sports, spending time outdoors

Now take a few minutes to put all of that together into a description of your perfect day. Take the things that truly resonate with you. If one of those questions doesn't hold meaning for you, you don't have to include it in your description. Remember, this is YOUR perfect day:

In my perfect day, I wake up next to the woman of my dreams and she's crying tears of joy because she's so excited about the life we have together. I'm preparing to compete in the 2016 Olympics with the USA Team Handball team so I head to an intense training session with my coach to increase my physical strength and athleticism. Then I'm working on all of my projects that inspire entrepreneurs to follow their own passions and make a living around what they love..... (etc..)

## PART 2: The Micro

This is where you get specific. Write a detailed itinerary for a typical day in your life.

5:00am

5:30

6:00

6:30

7:00

7:30

Wake up  
Meditate  
Enjoy the morning breeze and sunshine from my balcony  
Have a healthy breakfast and a green juice

8:00

8:30

9:00

CrossFit or private skills training session

9:30

10:00

10:30

Check in with my team about the projects of the day

11:00

Complete the top 3 tasks that were on my list

11:30

Noon	Healthy lunch at home (or lunch meeting with an inspiring friend)
12:30	
1:00	
1:30	Work time: Record interviews
2:00	
2:30	
3:00	Reach out to colleagues Check email
3:30	Physical therapy to increase flexibility
4:00	
4:30	
5:00	Pick up basketball or hiking with friends
5:30	
6:00	
6:30	Swim in the ocean
7:00	
7:30	Healthy dinner at home or out with friends

8:00pm

8:30

9:00

Read, or catch a movie, or attend an event with influencers on the town

9:30

10:00

10:30

11:00

Make a list of what I'm most grateful for today, visualize what I want to create tomorrow, and create list of what 3 most important things to get done tomorrow

11:30

Sleep, dream, recover