



THE SCHOOL
of
GREATNESS
ACADEMY

Perfect Day Itinerary

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?

How do I want to feel every day?

What do I want to create on a daily basis?

Who do I want to spend time with?

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

What passions do I want to fulfill every day?

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:

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

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9:30

10:00

10:30

11:00

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6:00

6:30

7:00

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8:00pm

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9:00

9:30

10:00

10:30

11:00

11:30