



## Ideal Day One

Imagine you have all the money you want. How would your ideal day look like? What would you spend your time doing? Fill in the activities based on your answers.

|    | Time          | Activity |
|----|---------------|----------|
| 01 | 6 am - 7 am   |          |
| 02 | 7 am - 8 am   |          |
| 03 | 8 am - 9 am   |          |
| 04 | 9 am - 10 am  |          |
| 05 | 10 am - 11 am |          |
| 06 | 11 am - 12 pm |          |
| 07 | 12 pm - 1 pm  |          |
| 08 | 1 pm - 2 pm   |          |
| 09 | 2 pm - 3 pm   |          |
| 10 | 3 pm - 4 pm   |          |

|    |                      |  |
|----|----------------------|--|
| 11 | <b>4 pm - 5 pm</b>   |  |
| 12 | <b>5 pm - 6 pm</b>   |  |
| 13 | <b>6 pm - 7 pm</b>   |  |
| 14 | <b>7 pm - 8 pm</b>   |  |
| 15 | <b>8 pm - 9 pm</b>   |  |
| 16 | <b>9 pm - 10 pm</b>  |  |
| 17 | <b>10 pm - 11 pm</b> |  |
| 18 | <b>11 pm - 12 am</b> |  |
| 19 | <b>12 am - 6 am</b>  |  |

Space for Notes:



## Ideal Day Two

Your weekends will still probably look different than your weekdays. So fill in your typical weekend day, how would you spend your time?

|    | Time          | Activity |
|----|---------------|----------|
| 01 | 6 am - 7 am   |          |
| 02 | 7 am - 8 am   |          |
| 03 | 8 am - 9 am   |          |
| 04 | 9 am - 10 am  |          |
| 05 | 10 am - 11 am |          |
| 06 | 11 am - 12 pm |          |
| 07 | 12 pm - 1 pm  |          |
| 08 | 1 pm - 2 pm   |          |
| 09 | 2 pm - 3 pm   |          |
| 10 | 3 pm - 4 pm   |          |
| 11 | 4 pm - 5 pm   |          |
| 12 | 5 pm - 6 pm   |          |

|    |                      |  |
|----|----------------------|--|
| 13 | <b>6 pm - 7 pm</b>   |  |
| 14 | <b>7 pm - 8 pm</b>   |  |
| 15 | <b>8 pm - 9 pm</b>   |  |
| 16 | <b>9 pm - 10 pm</b>  |  |
| 17 | <b>10 pm - 11 pm</b> |  |
| 18 | <b>11 pm - 12 am</b> |  |
| 19 | <b>12 am - 6 am</b>  |  |

Space for Notes:



## Ideal Day **Three** (Optional)

Some of you may want a third ideal day depending upon your lifestyle. For example, if you travel a lot, then your typical ideal travel day would look different from your ideal weekday or the ideal weekend day.










|    | <b>Time</b>          | <b>Activity</b> |
|----|----------------------|-----------------|
| 01 | <b>6 am - 7 am</b>   |                 |
| 02 | <b>7 am - 8 am</b>   |                 |
| 03 | <b>8 am - 9 am</b>   |                 |
| 04 | <b>9 am - 10 am</b>  |                 |
| 05 | <b>10 am - 11 am</b> |                 |
| 06 | <b>11 am - 12 pm</b> |                 |
| 07 | <b>12 pm - 1 pm</b>  |                 |
| 08 | <b>1 pm - 2 pm</b>   |                 |
| 09 | <b>2 pm - 3 pm</b>   |                 |
| 10 | <b>3 pm - 4 pm</b>   |                 |
| 11 | <b>4 pm - 5 pm</b>   |                 |
| 12 | <b>5 pm - 6 pm</b>   |                 |

|    |                      |  |
|----|----------------------|--|
| 13 | <b>6 pm - 7 pm</b>   |  |
| 14 | <b>7 pm - 8 pm</b>   |  |
| 15 | <b>8 pm - 9 pm</b>   |  |
| 16 | <b>9 pm - 10 pm</b>  |  |
| 17 | <b>10 pm - 11 pm</b> |  |
| 18 | <b>11 pm - 12 am</b> |  |
| 19 | <b>12 am - 6 am</b>  |  |

Space for Notes:

# The 9 Pillars of Happiness

Which activities would you love doing? Think from the perspective of the 9 pillars of happiness.

| Pillar  |   | Activity |
|---|---|----------|
|    | Doing any type of physical activity     |          |
|    | Solving meaningful complex problems     |          |
|    | Helping other people, animals or planet |          |
|  | Creative Work                           |          |
|  | Exploring new places                    |          |
|  | Learning new things                     |          |
|  | Working on new ideas                    |          |
|  | Spending time with people you love      |          |
|  | Progression in life / career / business |          |



# Create SMART Goals

What Goals do you want to achieve in life? Use this checklist to see if your goal is a SMART goal or not.

| Criteria          | Description  | Questions to Consider  |
|-------------------|--|--|
| <b>Specific</b>   | The goal should be clear and specific, answering exactly what is to be achieved.                         | What do I want to accomplish? Why is this goal important? Who is involved? Where is it located? What resources or limits are involved? |
| <b>Measurable</b> | There should be a way to measure progress and know when the goal has been achieved.                      | How much? How many? How will I know when it is accomplished?   |
| <b>Achievable</b> | The goal should be realistic and attainable, considering available resources and constraints.            | How can I accomplish this goal? What are the steps involved?   |
| <b>Relevant</b>   | The goal should matter and align with broader objectives, ensuring it contributes to a larger purpose.   | Does this goal matter to me? Is it the right time? Does it align with other relevant goals?  |
| <b>Time-bound</b> | The goal should have a clear deadline or timeframe to create a sense of urgency and help track progress. | When will it be achieved? What can I do six months from now? What can I do today?  |



## Example of a SMART Goal

Instead of setting a vague goal like “Improve my fitness,” a SMART goal would be: “Run 3 miles in 30 minutes, 4 times a week for the next 3 months.”

This goal is:

- **Specific** (run 3 miles in 30 minutes, 4 times a week),
- **Measurable** (3 miles, 30 minutes, 4 times a week),
- **Achievable** (assuming the person has some level of fitness),
- **Relevant** (if improving fitness is a priority),
- **Time-bound** (within the next 3 months).

## Create your own SMART Goals below

Write down your goals below, use the checklist to see if they satisfy all the SMART criterion. Then think of the daily task corresponding to the goal that must be done to achieve that goal. Finally, add the daily task in your ideal day sheet above.

|        | Description of Goal | Daily Task |
|--------|---------------------|------------|
| Goal 1 |                     |            |
| Goal 2 |                     |            |
| Goal 3 |                     |            |