**Your Ideal WeekDay**

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|  |  | **Activity** | **Time** |
|  | **01** | **Sleep** | **6 am - 7 am** |
|  | **02** | **Sleep until 7:40 am. Try to get up at 7:45 am (at least before 8 am)** | **7 am - 8 am** |
|  | **03(a)** | **Brush & Freshen up. Get ready for the day** | **8 am – 8:45 am** |
|  | **03(b)** | **Prepare breakfast and start work** | **8:45 am – 9 am** |
|  | **04** | **Work** | **9 am - 10 am** |
|  | **05** | **Work** | **10 am - 11 am** |
|  | **06** | **Work** | **11 am - 12 pm** |
|  | **07** | **Work** | **12 pm - 1 pm** |
|  | **08** | **Shower & Lunch** | **1 pm - 2 pm** |
|  | **09** | **Work** | **2 pm - 3 pm** |
|  | **10** | **Work** | **3 pm - 4 pm** |
|  | **11** | **Work** | **4 pm - 5 pm** |
|  | **12** | **Work** | **5 pm - 6 pm** |
|  | **13** | **Chill (Coffee, Drive, Miscellaneous)** | **6 pm - 7 pm** |
|  | **14** | **Gym/Cook (Cut short gym)** | **7 pm - 8 pm** |
|  | **15** | **Dinner & Hobby/Upskill (Guitar/Photo/Book/Udemy)** | **8 pm - 9 pm** |
|  | **16** | **Hobby/Upskill (Guitar/Photo/Book/Udemy)** | **9 pm - 10 pm** |
|  | **17** | **Hobby/Upskill (Guitar/Photo/Book/Udemy)** | **10 pm - 11 pm** |
|  | **18** | **Hobby/Upskill (Guitar/Photo/Book/Udemy)** | **11 pm – 11:30 pm** |
|  | **20** | **Sleep** | **11:30 pm – 6 am** |

**Your ideal Holiday (except Sunday)**

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| --- | --- | --- |
|  | **Activity** | **Time** |
| **01** | **Sleep** | **6 am - 7 am** |
| **02** | **Sleep** | **7 am - 8 am** |
| **03** | **Wake up. Brush and Freshen up. Prepare & have breakfast while listening to music.** | **8 am - 9 am** |
| **04** | **Gym** | **9 am – 10:15 am** |
| **05** | **Shower** | **10:15 am - 11 am** |
| **06** | **Upskill (Udemy)** | **11 am - 12 pm** |
| **07** | **Upskill (Udemy/Skillshare (Photo))** | **12 pm - 1 pm** |
| **08** | **Lunch & TV** | **1 pm - 2 pm** |
| **09** | **Groceries** | **2 pm – 3 pm** |
| **10** | **Groceries** | **3 pm - 4 pm** |
| **11** | **Practice Guitar (Learn a new song/Skillshare)** | **4 pm - 5 pm** |
| **12** | **Practice Guitar (Learn a new song/Skillshare)** | **5 pm - 6 pm** |
| **13** | **Short break for Coffee** | **6 pm – 6:30 pm** |
| **14** | **Skillshare (Photo)** | **6:30 pm – 8:30 pm** |
| **15** | **Guitar again (if the song was very challenging)** | **8:30 pm - 9 pm** |
| **16** | **Movie Time & Dinner** | **9 pm - 10 pm** |
| **17** | **Movie Time** | **10 pm – 11:30 pm** |
| **18** | **Sleep** | **11:30 pm - 12 am** |
| **19** | **Sleep** | **12 am - 6 am** |

**Your ideal Sunday**

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| --- | --- | --- |
|  | **Activity** | **Time** |
| **01** | **Sleep** | **6 am - 7 am** |
| **02** | **Sleep** | **7 am - 8 am** |
| **03** | **Wake up. Brush and Freshen up. Prepare & have breakfast while listening to music.** | **8 am - 9 am** |
| **04** | **Gym** | **9 am – 10:15 am** |
| **05** | **Shower** | **10:15 am - 11 am** |
| **06** | **Prepare Lunch** | **11 am to 1:30 pm** |
| **07** | **Have Lunch & TV** | **1:30 pm - 2 pm** |
| **08** | **Chill or watch a movie** | **2 pm – 4:30 pm** |
| **09** | **Read a book with a cup of Coffee** | **4:30 pm – 6:30 pm** |
| **10** | **Take a walk in the neighborhood** | **6:30 pm - 7 pm** |
| **11** | **Upskill (Udemy)** | **7 pm – 9 pm** |
| **12** | **Dinner** | **9 pm – 9:30 pm** |
| **13** | **Skillshare (Photo)/Guitar** | **9:30 pm – 11:30 pm** |
| **18** | **Sleep** | **11:30 pm - 12 am** |
| **19** | **Sleep** | **12 am - 6 am** |

**Ultimate Fat Loss Calorie Deficit Diet**

1. Drink 2 warm glasses of water after getting up from bed (7 – 7:30) am.
2. 20 mins of pranayam + strength training.
3. Eat oats for breakfast – 8:30 am.
4. Shower and have lunch 4-5 hours after breakfast – (12:30 to 1:30) pm.
5. For lunch – dal and black chana or chickpeas. Soak the peas the last night overnight. Eat slowly.
6. For evening snack, eat a fruit (apple) and dry fruit (walnuts) - 5 pm.
7. For dinner, very little rice with salmon curry and vegetable salad – 7:30 pm.

**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**

|  |  |  |
| --- | --- | --- |
| **Criteria** | **Description** | **Questions to Consider** |
| **Specific** | 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? |
| **Measurable** | 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? |
| **Achievable** | The goal should be realistic and attainable, considering available resources and constraints. | How can I accomplish this goal? What are the steps involved? |
| **Relevant** | 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? |
| **Time-bound** | 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? |

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

**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),

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

• **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.