

MY IDEAL WEEK™

MICHAEL HYATT



	Day Themes >	Backstage	Front Stage				Backstage	Off Stage							
< Focus Areas	Time	Mon	Tues	Wed	Thu	Fri	Sat	Sun							
	05:00 - 05:30														
Self	05:30 - 06:00	Morning Ritual													
	06:00 - 06:30														
	06:30 - 07:00														
	07:00 - 07:30														
	07:30 - 08:00														
	08:00 - 08:30														
	08:30 - 09:00														
Work	09:00 - 09:30	Workday Startup Ritual						Church							
	09:30 - 10:00	Open and Internal Meetings	Front Stage Activites			Open and External Meetings									
	10:00 - 10:30														
	10:30 - 11:00														
	11:00 - 11:30	Support Team Meeting													
	11:30 - 12:00														
	12:00 - 12:30	Lunch Meeting with Megan (COO)	Lunch Nap			Lunch with my Parents									
	12:30 - 01:00														
	01:00 - 01:30														
	01:30 - 02:00	Nap	Front Stage Activites					Open and External Meetings							
	02:00 - 02:30														
	02:30 - 03:00	Open and Internal Meetings													
	03:00 - 03:30														
	03:30 - 04:00														
	04:00 - 04:30														
	04:30 - 05:00														
Relationships	05:00 - 05:30	Workday Shutdown Ritual													
	05:30 - 06:00														
	06:00 - 06:30	Dinner													
	06:30 - 07:00														
	07:00 - 07:30				Date Night	Family	Friends	Family							
	07:30 - 08:00														
	08:00 - 08:30														
	08:30 - 09:00														

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	08:30 - 09:00							