

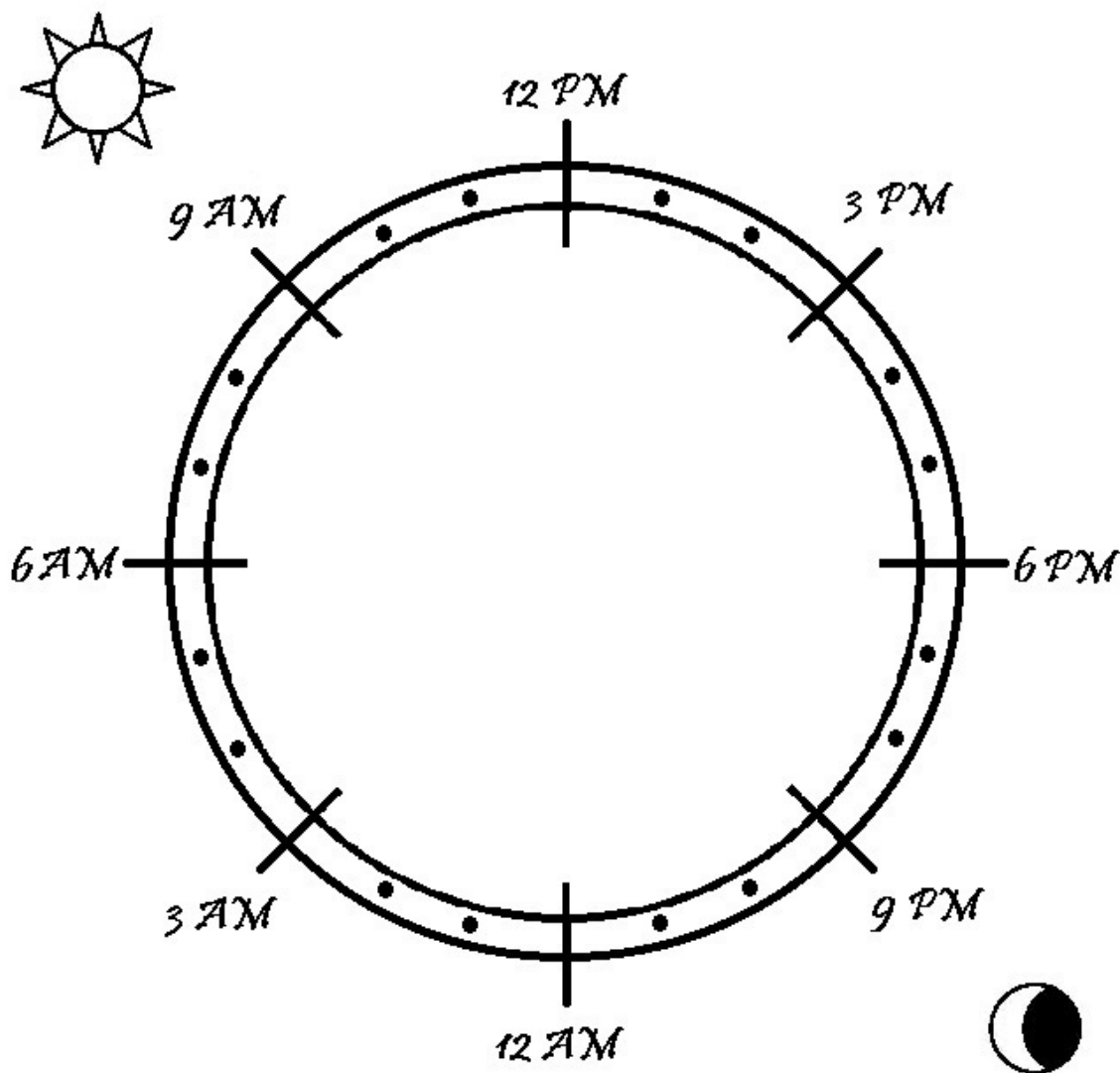
The Perfect Day Worksheet*

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How are you choosing to spend your time? What is the life you are creating with your hours, days, months, and years? Take a moment to think about the following questions:

- How do you want to spend your time?
- How do you want to feel?
- Who are you with?
- What are you creating?
- Where are you?
- What types of activities are you doing?
- How long will each activity take?

Using your answers to these questions, fill up the circular daily calendar below with the most important activities. Of course, not every day is going to be the same. The goal is just to get a better idea of how an ideal day might look.



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After you've come up with an idea of what your perfect day looks like, take inventory of the way you are spending your time now. Search your app store of choice for a "time tracker," or just start using a journal or a calendar to note down what you do throughout the course of a day. Then, take small steps to make every day more and more perfect.

**Exercise and visuals inspired by Lewis Howes and Isaiah Hankel*

***For the full post, go to www.michaelbalchan.com/perfectday*