

# Worksheet #1:

## A day in the life...

What is a typical day in your life? Be brutally honest. Don't worry, no one else is going to see it. Below are some thought starters but ultimately you should break up your day into sections (e.g., morning, afternoon, evening).

*What time do you wake up?*

*What do you do? Drink coffee or tea? Meditate?*

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*At work, do you take any breaks for walking around the building?*

*When you eat lunch, do you eat healthily or eat fast food (no judgment, just getting it down on paper)?*

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## A day in the life...

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Do you work out during the morning, lunchtime or at night?



How many hours do you work on a typical day?



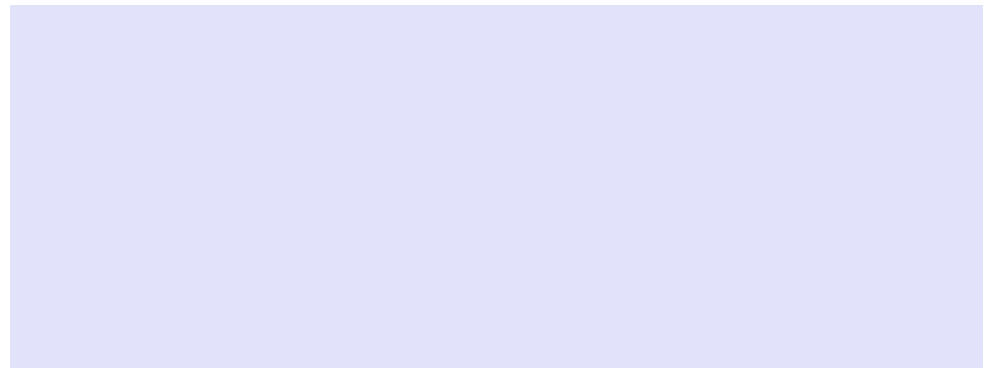
How long is your commute?



Do you eat out often at night?



Do you drink every night (again no judgment)?



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*Do you work on your computer before bed?*

*Do you watch TV at night? If so, how many hours?*

*Do you read books? If so, business books or literature?*

*What time do you go to bed?*

*How many hours of sleep do you typically get?*



## Worksheet #2:

### What do you want to be when you grow up?

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What is the one thing you've always wanted to do, away from your day job? It's probably the thing you wanted to do when you were a kid: become an artist, dancer, actor, musician, teacher, astronaut, race car driver, or professional athlete.

The crazier the better. Don't think about "reality" and if it's silly or not. The sillier, the better. (Again no one has to see this sheet, except for you.)

In the spaces below, write down up to 20 ideas that come to mind:

1.
2.
3.
4.
5.
6.
7.

8.
9.
10.
11.
12.
13.
14.
15.
16.
17.
18.
19.
20.

# Worksheet #3:

## A New Day

Look back at Worksheet #1. Where would you be able to find one hour a day, at the same time, when you could devote yourself to the one thing you've always wanted to do?

Do you need to wake up an hour earlier?

Can you find one hour during the workday?  
Maybe at lunchtime?

Can you get into work earlier and leave earlier?

Find a mentor? A group? A studio?

In the fields below, plot out your "new day", including the time(s) you've carved out to devote to that one thing you've always wanted to do:

Time	Activity

Time	Activity

Time	Activity

Time	Activity

Time	Activity

Time	Activity

Time	Activity

Time	Activity

Time	Activity

Time	Activity

Time	Activity

Time	Activity

Time	Activity