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?

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)?

What do you do? Drink coffee or tea? Meditate?
Worksheet #1: A day in the life...

How long is your commute?

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

Do you eat out often at night?

How many hours do you work on a typical day?

Do you drink every night (again no judgment)?
Worksheet #1:
A day in the life…

Do you work on your computer before bed?

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

What time do you go to bed?

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

How many hours of sleep do you typically get?
Worksheet #1:
A day in the life...

Put specific times to your day: what does your typical day look like?

Example
7:00am  Wakeup time
7:30am  Breakfast/coffee time
7:30am  8:00am: Time with family/friends/self
8:00am  9:00 am: Commute to work
9:00am  12:00pm: Work
12:00pm 1:00pm: Lunchtime
1:00pm  6:00 pm: Work
6:00pm  7:00pm: Commute home
7:00pm  8:00pm: Dinner
8:00pm  10:00pm: Family/friends time
11:00pm Bedtime
Worksheet #2: What do you want to be when you grow up?

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:

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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:

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John S. Couch / 99U Master Class