

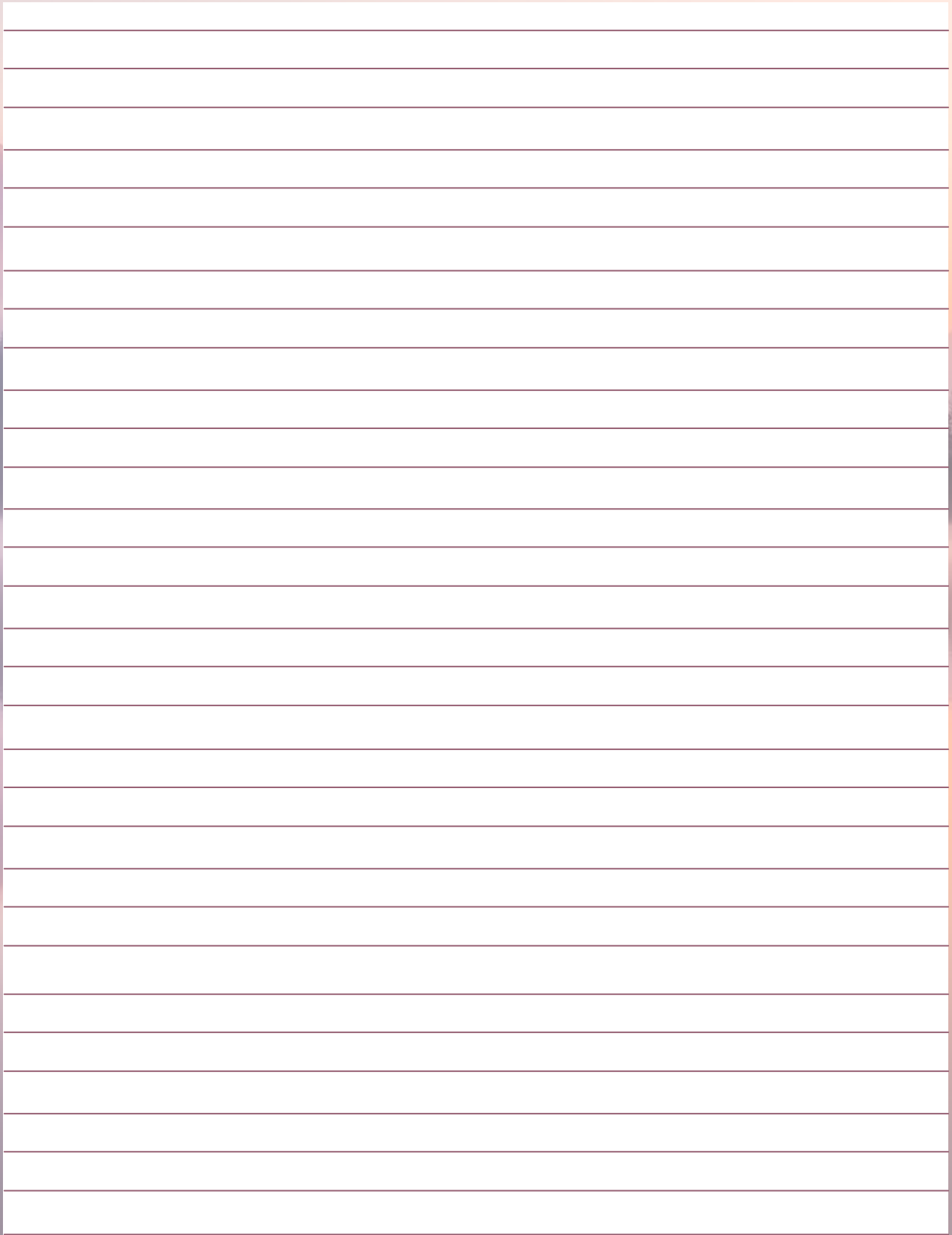
My Ideal Day

QUESTIONS TO PONDER

- What time would you wake up?
- What's the first thing you hear, see, and smell?
- What does your bedroom look like?
- How do you feel when you wake up?
- What would your early morning routine look like?
- How will you dress?
- Where do you live?
- What does your house and neighborhood look like?
- Where would you be working?
- What would your office or place of work look like?
- What behaviors or habits would be part of your day?
- What would you read?
- How are you staying hydrated?
- What would you eat throughout the day?
- What exercise would you do?
- When would your work day end?
- What self care would you do?
- Who would you spend time with?
- How would you prepare for the following day?
- What does your evening routine look like?
- How do you feel at the end of the day?
- What time would you go to bed?

My Ideal Day

PLANNING



A large white rectangular area with horizontal lines, intended for writing a plan for an ideal day. The lines are evenly spaced and extend across the width of the page, providing a structured space for planning.

My Ideal Day

TIME BLOCKING SHEET



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