

Ideal Week

Please describe hour by hour, how you would spend your ideal week - each week of your life - if you had all the resources you need to live exactly as you like.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 AM							
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							
12 AM							

Typical/Current Week

Please describe hour-by-hour, how you currently spend your typical week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 AM							
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							
12 AM							

Ideal Year

Please describe month by month, how you would spend your ideal year- each month of your life- if you had all the resources you need to live exactly as you like.

January	
February	
March	
April	
May	
June	
July	
August	
September	
October	
November	
December	

Typical/Current Year

Please describe month-by-month, how you currently spend your typical year.

January	
February	
March	
April	
May	
June	
July	
August	
September	
October	
November	
December	