



Your Ideal Day

If you had an unlimited supply of money, how would you choose to spend your time?

- Come up with a plan for your ideal day
- Describe activities in an hour by hour format, or in 30 minute intervals
- Once you have done this for all 24 hours in a day, you can go on to define your ideal week
- You don't need to do this for every day in the week
- If your week can be divided into 2 types of days: weekdays and weekends, then you can just define 2 ideal days
- Try to fulfill as many pillars of happiness as you can
- Share your ideal week with your community group!



Identify Your Goals

What do you want to achieve in life? What does success mean to you?

- Create S.M.A.R.T. goals.
 - Specific
 - Measurable
 - Attainable
 - Relevant
 - Time-Based
- Remember, identifying your goals is only the first step.
- Find actions that you can incorporate into your ideal day and week to help achieve these goals
- Think about your pillars of happiness while doing this
- You can then go back and edit your ideal day/week plan to incorporate these actions