

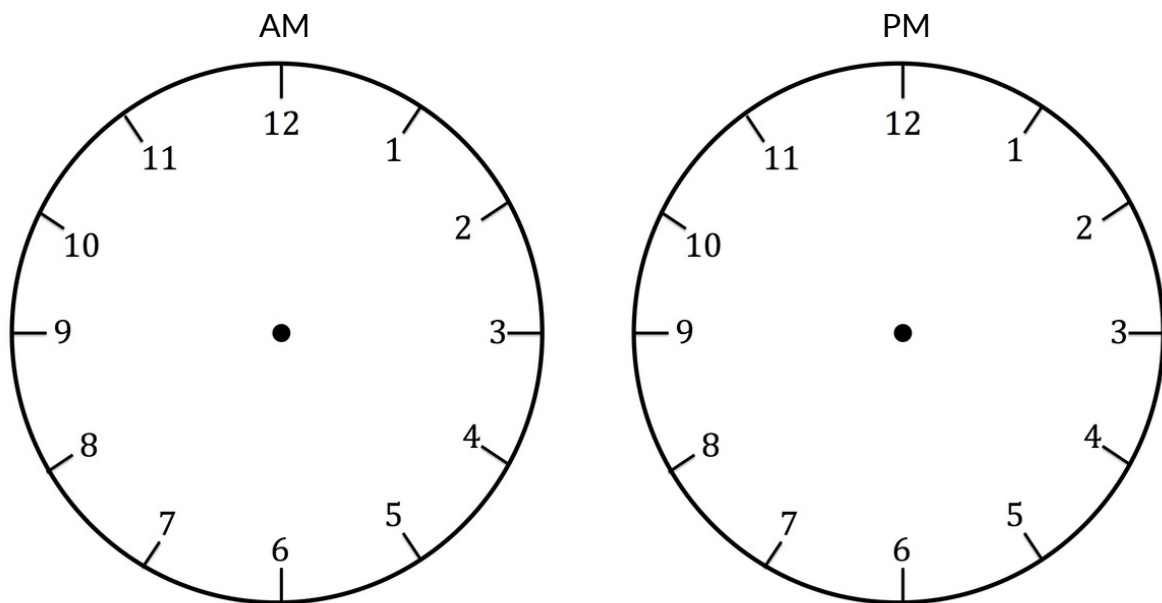


TRUE Leaders Community

Your Ideal Day

This exercise is designed to help you consider how you would ideally choose to spend your time, and how that might differ from how you currently spend your time.

Complete the following templates with an ideal day – include all the things you'd like to spend time doing, the amount you'd like to spend doing them, and the ideal time of day you would choose to do them.



Having reflected on this, how does your ideal day differ from a current day? How could you move closer towards living your ideal day? Choose one change to do your best to implement in the next week.