

Your Ideal Day

WORKSHEET

Design the day that aligns with your highest priorities and deepest values.



I. Morning Routine

What does your ideal morning look like? Consider your wake-up time, rituals, and mindset.

II. Peak Performance Hours

When are you most focused and productive? How will you protect this time?

III. Time Block Schedule

Map out your ideal day in time blocks. Assign each block a purpose.

Time Block	Activity / Focus Area	Priority Level
5:00 AM – 7:00 AM		
7:00 AM – 9:00 AM		
9:00 AM – 12:00 PM		
12:00 PM – 1:00 PM		
1:00 PM – 3:00 PM		
3:00 PM – 5:00 PM		
5:00 PM – 7:00 PM		
7:00 PM – 9:00 PM		

IV. Evening Wind-Down

How will you close your day intentionally? Describe your ideal evening routine.

V. Daily Reflection Commitments

What three commitments will make this your best day?

1.

2.

3.

“The tragedy isn’t that we lack the time – it’s that we’ve surrendered the right to decide how we use it.”

— Dominic Lyon, *Time Dominance*