



SESSION #5: THE IDEAL AGENDA

How you spend your day is leading to a particular kind of destiny, so we must forge our day toward something that matters to us. And sometimes the world doesn't give us what we want because people have their own plans for us, or are unsure what we want. It's easy to get distracted, or do what others tell us to do and ask of us. Yet freedom belongs to those who master their day. If you've been following somebody else's course, it's time to reorient to what you want. So what would your ideal day really look like? How can you take back the reins and start to build that reality even more? Use these activities below to help you examine this aspect of your life. Print this page and use a journal for additional space for your responses.

The Vision

- *If I could wave a magic wand, the way I would want more of my ideal days to look like would go like this...
[Write out your ideal day, from waking up all the way to the moment you fall asleep].*
- *Some more things I could do or think each day to feel even more purposeful would be...*
- *I should give myself permission to have more days like this because...*

The Boundaries

- *If I'm going to make my life the way I want it, then I'm going to have to set more boundaries like...*
- *If I could have more fulfilling days, I'd want to make sure I delegate or no longer do the following activities...*
- *The people I would want to get onboard with me as I shape my ideal days, and the ways that I can recruit them to support me, include...*

The Distractions

- *I'm in charge of my life, but too often I let these distractions steal from my focus or progress...*
- *As I become even more successful, I'll have to make sure that I don't get sidetracked on projects that...*

The Celebrations

- *The celebrations – vacations, parties, private nights of victory – that I would have in my life more often if I was totally in command would be...*
- *On a daily basis, I could have more little moments of celebration in my life by focusing on...*