

My Ideal Week

THEMES		Success Series		Real Estate		Meetings + Appointments	Recreation	Social + Spiritual	
		Mon	Tues	Wed	Thu	Fri	Sat	Sun	
Self	07:00 - 07:30	Power Hour							
	07:30 - 08:00	Power Hour							
	08:00 - 08:30								
	08:30 - 09:00								
Work	09:00 - 09:30	Set Top Ten	Writing	Proposals, Proformas, Investor Calls, Partner Calls, Team Calls, Negotiations, Project Tasks		Project Meetings, Board Meetings	Cycling	Church	
	09:30 - 10:00	Research							
	10:00 - 10:30								
	10:30 - 11:00	Research							
	11:00 - 11:30								
	11:30 - 12:00	Workout and Errands							
	12:00 - 12:30	Workout and Errands						Brunch	
	12:30 - 01:00	Workout and Errands							
	01:00 - 01:30	Workout and Errands							
	01:30 - 02:00	Research	New Content Creation, Speaking or Media Interviews	Proposals, Proformas, Investor Calls, Partner Calls, Team Calls, Negotiations, Project Tasks		Internal Meetings	Friends	Read Visions + Goals	
	02:00 - 02:30	Coaching Appts							
	02:30 - 03:00					Coaching Appts			
	03:00 - 03:30	Coaching Appts							
	03:30 - 04:00								Coaching Appts
	04:00 - 04:30	Coaching Appts							
	04:30 - 05:00		Coaching Appts						
	05:00 - 05:30	Coaching Appts							
	05:30 - 06:00		Coaching Appts						
06:00 - 06:30	Cycling			Yoga	Date Night	Friends	Weekly Review, Plan Week Ahead		
06:30 - 07:00	Cycling		Yoga						
Recreation, Exercise, Planning, Reading	07:00 - 07:30	Cycling		Yoga	Date Night	Friends	Weekly Review, Plan Week Ahead		
	07:30 - 08:00	Cycling		Yoga					
	08:00 - 08:30								
	08:30 - 09:00								
	09:00 - 09:30								
	09:30 - 10:00								

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Adapted from MichaelHyatt.com

