

NAME:

Planning My Ideal Day

INSTRUCTIONS

- Complete this daily planner to envision your ideal working day when you're 30-35 years old. Refer to the guiding questions to help you plot your day and really think about what you are looking for.
- Plan for a typical 8-hour work day
- Consider the following. What do you do at work? Where do you go? How do you get there? Who do you work with? What do you wear? What is the pace of your day like?
- What specific, engaging activities are you doing?
- Think about your personal time, too. Who do you see over the course of the day? What do you do outside of working hours?

5:00 AM	
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

HOW DO YOU SPEND YOUR
EVENINGS THROUGHOUT THE
WEEK?

WHAT KINDS OF THINGS WILL YOU
DO ON THE WEEKENDS?

WHERE DO YOU LIVE? ARE
YOU NEAR FAMILY/FRIENDS?
BIG CITY OR SMALL TOWN?
COST OF LIVING?

