

The Day You Have, the Day You Want

Put your real day next to the one you want and find the gap worth closing.

WHEN TO USE THIS

Use this when you keep planning days that never happen the way you pictured.

Hour by hour, roughly: what your day is really like, and what you wish it were.

HOW IT GOES NOW

HOW YOU WANT IT

Where is the biggest gap between the two columns?

What is one hour you could move closer this week? What would have to give?

The right side is not a promise. It is a direction. One hour closer is a real change.

You do not need a different life to have a slightly different day.