

Create Your Ideal *Rockstar* Day



One of the secrets to becoming a true rockstar of your niche is to create your ideal day. Not when you have more money, not when you have more time—it's time to create the day you want to live out NOW. So let's get started!

A handwritten signature in black ink that reads "ashley".

Action Step #1 Brain Dump the "BOGUS FACTOR"

What are the energy sucking activities that you find yourself engaging in throughout the day? What are the things that you really don't like doing that eventually you'd like to delegate out to someone else? Perhaps it's doing laundry, answering emails, cleaning the house, or posting on FB. List anything that comes to mind in the provided space below, and then choose one item to delegate out NOW! Eventually you'll delegate out all of these to team or other service providers, but today I invite you to take one small step now to letting go of the bogus factor!

Action Step #2 Brain Dump the "LOVE FACTOR"

Next, brainstorm what you REALLY LOVE to do. This is the fun part! Maybe you like to meditate, get a massage, rock out a yoga class, or spend the 1st hour of your day reading. We've got to prioritize self-care as leaders in our industry and fill our days with things we actually LIKE doing! So dump it all out on the space below, and HOLD NOTHING BACK!

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Action Step #3 Map Out Your Ideal Day

Now, I'd like for you to map out your ideal day. What time specifically would you like to rise? Would you like to create a block schedule for your business? Perhaps you'd really like to take a long 90 min. Mediterranean style lunch with a glass of vino. Plan your day out in the hour by hour calendar below, and trust that you'll get much more quality work done when you've got a clear schedule that you LOVE. Start to apply immediately and enjoy your day!

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00					
7:00					
8:00					
9:00					
10:00					
11:00					
12:00					
1:00					
2:00					
3:00					
4:00					
5:00					
6:00					
7:00					
8:00					