

**IT'S A BRAND-NEW DAY**

“You can't wait for all the lights to turn green  
before heading out of town.”

— Zig Ziglar

You have access to tools: your calendar, goals, dreams/vision, and the top ten tips in the previous chapter. Maybe you have 120 days already in the making and/or twelve months scheduled on the calendar. Many people struggle to pull all the pieces together to create and implement a daily system. Below are examples you can customize for your days.

**The Early Bird**

- 6:00-6:15 wake—meditate/generate gratitude
- 6:15-7:15 shower and get ready—set intentions, affirmations, read vision while getting ready
- 7:15-7:30 breakfast
- 7:30-8:00 to work—motivational podcast
- 8:00-12:00 work
- 12:00-1:00 pause three minutes, eat lunch, walk for fifteen to twenty minutes
- 1:00-5:00 work
- 5:00-5:30 drive home—favorite tunes
- 5:30-6:30 pause three minutes—supper/prepare night snack and next-day meals
- 6:30-7:00 active/walk/kids
- 7:00-8:00 favorite hobby
- 8:00-9:00 downtime—health snack
- 9:00-10:30 bed—read/reflect/journal/set intentions/affirmation

## Midnight Owl

7:00-7:45	awake—shower/gratitude/affirmations/intentions/read vision
7:45-8:00	to work—motivational podcast
8:00-12:00	pause breakfast/meditate five minutes before work
12:00-1:00	pause three minutes, eat lunch, walk fifteen to thirty minutes
1:00-5:00	work
5:00-5:30	home—favorite tunes
5:30-6:30	pause/supper/prep tomorrow's meals
6:30-8:00	active time—walk/kids
8:00-9:00	favorite hobby, snack
9:00-11:00	downtime
11:00-12:00	meditate/read/set intention/affirmation

“Goals are good for setting a direction, but systems are best for making progress. A handful of problems arise when you spend too much time thinking about your goals and not enough time designing your systems.”

— James Clear

## APP FOR THAT

There are many tools to help you monitor and stay on track with your calendar and goals: phone notifications, calendars, electronic reminders, smart home gadgets, etc. You can also use these to set reminders along the way to help keep you motivated, including the use of positive