



DAY 2: Core Values vs. Daily Schedule

Instructions: On “Page 2” of this worksheet, you’ll see two columns. On the left hand column, you’re going to write down your “Core Values List.” So, write down your top 5-10 core values or priorities. *For example, they may be “spending time with my significant other,” “spending time with family,” “my business,” “being active,” “eating healthy meals,” “writing my book,” “travel,” “financial freedom.”*

Once you’ve completed your Core Values List, on the RIGHT HAND COLUMN, you’re going to write down what a typical day looks like for you on an hourly basis, from the moment you wake up, to the moment you go to bed.

Then, take a little time to review both columns to see if your daily life is a good representation of your own, unique, core values. Draw a star next to each hour that represents one of your core values. If your daily schedule is working for you, keep doing what you’re doing! If there is room for improvement, take a look at what needs to change on a daily basis, and start making those changes right away.

My Core Values:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

My Average Day At-A-Glance:

- 5am
- 6am
- 7am
- 8am
- 9am
- 10am
- 11am
- 12pm
- 1pm
- 2pm
- 3pm
- 4pm
- 5pm
- 6pm
- 7pm
- 8pm
- 9pm
- 10pm
- 11pm