

IDEAL WEEK FOR MICHAEL HYATT*

	STAGE	BACK STAGE		FRONT STAGE			OFF STAGE	
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SELF	04:30 - 05:00	Morning Ritual						
	05:00 - 05:30							
	05:30 - 06:00							
	06:00 - 06:30							
	06:30 - 07:00							
	07:00 - 07:30							
	07:30 - 08:00							
	08:00 - 08:30							
	08:30 - 09:00	Workday Startup Ritual					Zoom with My Parents	Church Live Stream
09:00 - 09:30	BusinessAccelerator Coaching Zoom	Back Stage Activities	BusinessAccelerator Coaching Zoom	Front Stage Activities	BusinessAccelerator Coaching Zoom	Free Time		
09:30 - 10:00	Executive Team Zoom		Front Stage Activities		External Meeting Zooms			
10:00 - 10:30								
10:30 - 11:00								
11:00 - 11:30	Content Team Zoom	(Personal Prep in the Alone Zone)	(Speeches, Podcast Interviews, Live Streams, etc.)	(Speeches, Podcast Interviews, Live Streams, etc.)	External Meeting Zooms	Free Time		
11:30 - 12:00								
12:00 - 12:30								
12:30 - 01:00	Zoom 000 with Megan	Lunch						
01:00 - 01:30	Executive Committee Zoom	Back Stage Activities	Front Stage Activities	Front Stage Activities	External Meeting Zooms	Free Time		
01:30 - 02:00								
02:00 - 02:30	Zoom 000 with Jim							
02:30 - 03:00	Workday Shutdown Ritual							
WORK	03:00 - 03:30	Nap						
	03:30 - 04:00	Free time						
	04:00 - 04:30							
	04:30 - 05:00							
	05:00 - 05:30	Free time						
	05:30 - 06:00							
	06:00 - 06:30							
	06:30 - 07:00	Dinner						
	07:00 - 07:30	Date Night In						
	07:30 - 08:00	Family						
08:00 - 08:30	Evening Ritual							
08:30 - 09:00	Sleep							
REJUVENATE	09:00 - 09:30	Zoom 000 with Jim					Church Live Stream	Weekly Preview
	09:30 - 10:00	Zoom 000 with Jim					Church Live Stream	Weekly Preview
	10:00 - 10:30	Zoom 000 with Jim					Church Live Stream	Weekly Preview
	10:30 - 11:00	Zoom 000 with Jim					Church Live Stream	Weekly Preview
	11:00 - 11:30	Zoom 000 with Jim					Church Live Stream	Weekly Preview
	11:30 - 12:00	Zoom 000 with Jim					Church Live Stream	Weekly Preview
	12:00 - 12:30	Zoom 000 with Jim					Church Live Stream	Weekly Preview
	12:30 - 01:00	Zoom 000 with Jim					Church Live Stream	Weekly Preview
	01:00 - 01:30	Zoom 000 with Jim					Church Live Stream	Weekly Preview
	01:30 - 02:00	Zoom 000 with Jim					Church Live Stream	Weekly Preview

* As long as stay-at-home order is in place.



YOUR IDEAL WEEK™

< THEMES	STAGE >						
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	05:00 - 05:30						
	05:30 - 06:00						
	06:00 - 06:30						
	06:30 - 07:00						
	07:00 - 07:30						
	07:30 - 08:00						
	08:00 - 08:30						
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	07:30 - 08:00						
	08:00 - 08:30						
	08:30 - 09:00						



FULL FOCUS

YOUR IDEAL WEEK™

	STAGE >						
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
< THEMES	07:00 - 07:30						
	07:30 - 08:00						
	08:00 - 08:30						
	08:30 - 09:00						
	09:00 - 09:30						
	09:30 - 10:00						
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