

My Ideal Week

What is your ideal week in retirement? How you spend your time in retirement includes your family, friends, community, leisure, health, purpose, and meaning. Think about your ideal week in retirement and use this calendar to outline a schedule.

	Morning	Afternoon	Evening
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

My Ideal Day

Now try and drill down a little further. What does an ideal day look like?

6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	