

BLUE SKY DAY

WHEN WAS THE LAST TIME YOU SPENT AN ENTIRE DAY THINKING ABOUT ABSOLUTELY NOTHING?

WHAT WOULD HAPPEN IF YOU WERE TO PUT YOURSELF IN A POSITION TO THINK ABOUT NOTHING?

I highly recommend you take a Blue Sky Day!

Tips for a Blue Sky Day:

- No right or wrong
- There are no rules
- We have provided a sample template – use this or create your own
- Any day planning, however you do it, is a day well spent
- **Blue Sky Day** timing – can be done 1x/year, 2x/year or even 4x/year
- This is the day to get everything out of your head and dump it on paper

A **Blue Sky Day** is an opportunity for you to refocus yourself on what matters most to you. Start your day the way you normally would: get up at your normal time and have your normal breakfast. However instead of driving to the office, grab a blank pad of paper and several pens: 2 or 3 blue ones, 1 black one and maybe red, orange or green. Now drive to your local coffee shop.

When you get to the coffee shop, take out your pens and your pad of paper and start writing. If you are wondering where to start, start with reviewing your to do list. Where to start? Ask yourself these questions?

- What do you want to do?
- What did you not get done last week? Last month?
- If you haven't covered work yet, do so.
- How about your family... What are the top 10 things you have always wanted to do with your family? Or a trip with an aging parent, regular dates with your spouse...

What you will find as you spend time just thinking is that many thoughts, feelings and emotions will surface. Write them down and later, we will help you decide what you will do about them. I would imagine after about 2 hours or so the brain may feel like there is nothing else to write down, so that is fine. Pack up your pen and paper and change locations. Either take a walk or drive to another coffee shop, make yourself comfortable and start all over again. Feel free to use a different coloured pen. The new location may help your creative juices. If you are bored, that is a good sign, this is where the real value surfaces.

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Another way to look at things:

1. Identify all areas of your life, all relationships you love
2. Put each one on the top of a blank piece of paper and then write two words on the next line ("MORE OF" and "LESS OF")

This exercise is simple in each area/relationship you have, write down/identify what you want more of and what you want less of in each one. When the lists are complete, use a different coloured pen to identify what you want in each one and what steps you will take to eliminate the things you want less of. What will you do to capture and implement those things you want more of in your life?

If you are doing this right, it will take you well into lunch if not past lunch. Before you wrap up this exercise, make sure you have reviewed the following relationships: Spouse, children, parents, team members at work, volunteer associations, children's activities.

If you haven't had lunch yet, pack up your pens and paper and find yourself a nearby restaurant to have some lunch. If the ideas, words and thoughts keep coming, keep writing! If not, don't worry; take the time off at lunch to quietly enjoy yourself.

So now after lunch, if the restaurant is a place for you to continue thinking, then pull out your pen and paper. Now is the fun part! Start to review all your notes. Set a blank piece of paper to the side so you can write on it as you review. Start to answer what you want to do with what you wrote down. This is where you have the most amount of fun. As you review the list, more ideas will surface. Continue to write those down as well.

Back to your action plan... what are you going to do with it? What are the 3 most important areas of your life you want to focus on?

Great now, with each of the 3, identify and write down the top 10 things you will do to improve that area of your life. Yes now what will you do next week, what is the most important thing you will do in each of those 3 roles in your life in the next 7 days.

One last thing... Accountability. Do you want help in implementing these changes? Identify 3 people in your life that you can share your 'To Do List' with and that will help hold you accountable. Their role will be easy and simple. They will review your action plan and call you each week and ask you... did you complete 1 item on your To Do List this week? If Yes: How did it make you feel? How did it impact you? If No, Why didn't you? Is it not important to you? Will you do it next week? Repeat for 6 weeks.

Call us for help!

Now go home... spend some time with family and friends and celebrate the time you spent today working on your life and relationships.

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What will you do about these?

What did you want to do?

_____	_____
_____	_____
_____	_____
_____	_____

What did you not get done last **week**?

_____	_____
_____	_____
_____	_____
_____	_____

Last **month**?

_____	_____
_____	_____
_____	_____
_____	_____

If you haven't covered work or personal yet, do so.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

How about your family? What are the top 10 things you have always wanted to do with your family? Or a trip with an aging parent, regular dates with your spouse or children...

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

LESS OF

[illegible]

LESS OF

[illegible]

LESS OF

[illegible]