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**Designing Your Day
for Impact**

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Summary

Designing Your Day for Impact

#1: Setting the Mood

- Have you ever asked yourself what kind of day am I going to have? By asking questions like “What kind of day am I going to have?” and “What kind of emotion do I want to hold today?” These are not typical things we ask ourselves. We get into our autopilot mode and we just simply do.
- When we're able to shift from the perspective of autopilot to intention, then we can design a day where we carry the mood that we most want to hold. If I want to be joyful; if I want to be happy, How can I set the mood so that I can carry that emotion day in and day out?

#2: One BOLD Action

- In order to shift from an autopilot existence, we've got to take action. And frankly, not just simply any old action. We have to take bold action.
- What is something that you could do that takes you outside of your routine and frankly, even outside of your comfort zone, to allow you to, engage that much deeper, to have that much more of a fulfilling experience?

#3: Spontaneous Thanksgiving

- The act of giving releases happiness chemicals within your brain. You see, the very act of giving is not only beneficial for you because you received happiness chemicals in your brain and you feel much more alive, but it's also releasing the happiness chemicals in the other person's brain who's receiving your giving cause they feel appreciated.

- Being spontaneous in your giving is a wonderful strategy/tool that you can use to be a lot more engaged and intentional.

#4: Reflective Acknowledgement

- Spontaneous acknowledgment allows us to go ahead and reflect back to our day and see how did it go.
- As we reflect back in our day, How did it go? Was it good? Was it bad? Did you actually do what you committed to yourself to do? We need to be able to gauge how intentional we were.

#5: Reflective Improvement

- Here is the thing: If we do all of these strategies, we can fall right back into autopilot. Reflective improvement gives us the capability to not allow ourselves to fall into autopilot.
- Questions of improvement allow us not to fall back into autopilot but continued the mindset and the frame of intention. And as we continue intention, we can learn different ways to be more awake at life.

#6: Reflective Appreciation

- There are so many who were around us that don't have the opportunity of life. Because we have the opportunity, we should be appreciative of every moment that we have. But frankly, what was the most important moment for you today? What was the most appreciative moment that you had?

What's Next

Complete the section below. As you consider your response to the prompts below, there is no right or wrong answers. Responding honestly and expressively is essential to simulating more clarity and increasing your awareness to live a more authentic life.

- I want to to feel _____ today! I want to feel this way because:

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- I am going to the following bold action because:

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- I will perform the below acts of giving this week:

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