

# 4 hour Work Week Exercises

## Dreamlining:

1. What would you do if there were no way you could fail? If you were 10 times smarter than the rest of the world?
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2. What would you do today if you had \$100 million in the bank?
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3. What would make you most excited to wake up in the morning to another day?
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4. List:
  - One place you want to visit:
  - One thing to do before you die:
  - One thing to do daily:
  - One thing to do weekly:
  - One thing you've always wanted to learn:
5. Define the “being” of each of these. If you accomplished it, what, exactly, would it look like?
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6. What are the four dreams that would change it all (do both 6 months and 12 months)  
[Calculate the monthly income requirement](#) for each of the four dreams
7. Determine 3 steps for each of the four dreams in just the 6 month time line, and take the first step NOW.