

What if you changed your emphasis from the goal at the end of the journey to the journey itself.

What if you focussed on what you were brilliant at doing and learned how to make that the centrepiece of each day.

What if you used simple tools to improve the day you're living.

What if the secret to a good life was to accumulate good days.

What if there were methods to craft your days around your strengths, energy and scheduling preferences, that resulted in satisfying productivity, greater resilience, inner balance and wellbeing.

That's the aim of Day Crafting.



The good life is not a destination.
It is a skilled daily practice
taken one step at a time

Day Crafting Apprentice Course

The course content is a rich and engaging mixture of theory and practical interventions with plenty of opportunities to process the material and learning during the sessions.

The bulk of the learning will come experientially from the time spent using the tools in each of your days and bringing back that experience to subsequent session.

Each session is accompanied by a set of notes and exercises which become a resource for future practice beyond the course.

Crafting higher quality time

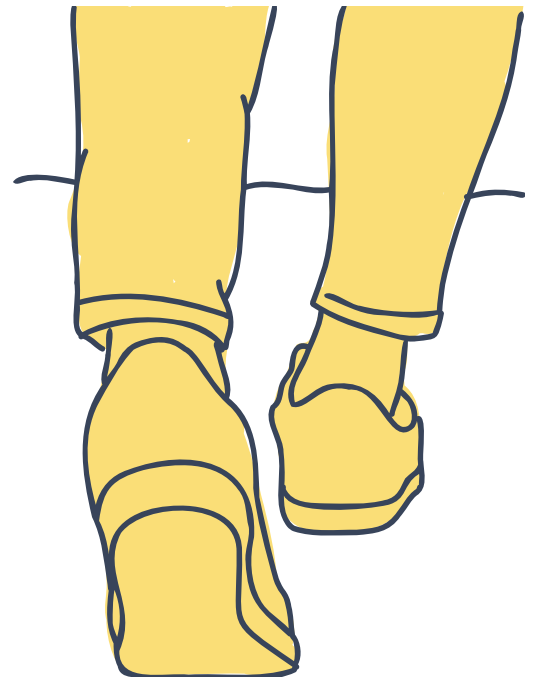
Day Crafting develops the skilled use of time which is a much better enabler of happiness, productivity and flourishing than money or possessions. Imagine days where more gets done without feeling overly busy and there is room for the slow appreciation of a good life such as active leisure and connection with friends and family.

Growing through process

The development and strengthening of positive identity through craftwork methodologies is a different model for personal development that emphasises the accumulation of small wins and meaningful progress measured daily, rather than a focus on future and momentary milestones.

Reshaping career and productivity

Being time and energy centric through Day Crafting can make you, ironically, more productive and successful in your career than being money and status orientated. With this shift comes pro-social benefits, better relationship with colleagues and customers.



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Overview of six sessions

Getting started – Orientation to learning approaches and session 1: understanding the basics about the material properties of Day Crafting and related psychology.

1. Us in a day and changing from our defaults.

All about your day – Sessions 2-4 that look at your day by exploring your energy rhythms, planning days in advance and experiencing days in the present.

2. Working with chronotype and the when to-do list.
3. Designing future moments, blueprints and special days.
4. Crafting the present moment, focus, the productivity funnel.

Deepening practice – Ending the Apprentice Course looking at balance, self-care and where to take your Day Crafting next

5. Rest and ritual, finding a whole of life balance.
6. What to craft next, deepening practice.



Testimonials



A goldmine of wisdom, experience and practical tools



Well thought through, interesting and beautifully produced



Really helped me refocus my days



Empowers me to make the very best of the time I have available

... see [daycrafting.com/testimonials](https://www.daycrafting.com/testimonials) for more.

Variation in how the 9 hours of course content can be delivered to include practice

6 x 1.5 hour sessions over 6 weeks.

3 x 3 hour sessions over 6 weeks, fortnight between each and a good break during the session, i.e three half days.

Writer and philosopher **Henry Thoreau** observed that, many people **'lead lives of quiet desperation'**. He goes on to present a strong argument for Day Crafting:

“ It is something to be able to paint a particular picture, or to carve a statue, and so to make a few objects beautiful; but it is far more glorious to carve and paint the very atmosphere and medium through which we look **To affect the quality of the day, that is the highest of arts.** ”