

inspero

daily hopper

Live your day fully. Intentionally.

Why?

It started with a desire for personal responsibility — to get the work done. Not just any work. The work that actually matters. The work that gets you just a little bit closer to the future you want.

At first, it was a to-do list. That evolved into a Kanban framework. Then came experimentation with time blocking, time management notebooks, and goal attainment systems. All of them shaped what the Daily Hopper became.

The inspero daily hopper is meant to help you live your ideal day — fully and intentionally. There is work, self-awareness, and prioritizing involved. But it's worth it.

Intention is the key word. Make the tough choices required to live your unique life, on your terms.

Dig in. Decide. Act.

Hope is the consequence of action.

[RES FIRMA](#)

WHAT'S INSIDE

- The Ideal Present — understanding where you are and where you want to go
- PERMA-V — the science of flourishing, and how to use it daily
- VIA Character Strengths — your personal toolkit for getting things done
- The Hopper explained — how each section works and why
- A filled example — so you can see it in action
- Seven blank hoppers — one week of intentional days
- Daily Questions — prompts to spark your intention each morning

The Ideal Present

Before filling your first hopper, you need to know what actually belongs in it. The Ideal Present Canvas — created by Jabe Bloom — helps you see the relationship between where you are now, the problems your current path produces, your ideal future, and what you need to do today to get there.

Present

What conditions exist in your life right now?

Ideal Future

Describe your ideal future in bullet points.

Future Mess

What problems does your present path produce?

Ideal Present

What do you need to do TODAY?

produces · avoids · enables · solves

HOW TO COMPLETE THE CANVAS

1. Start with Present — list the current conditions in your life and work.
2. Move to Ideal Future — bullet point what your ideal life looks like.
3. Fill Future Mess — using Present as reference, what problems are you heading toward?
4. Complete Ideal Present — using Ideal Future as your guide, what needs to happen today?

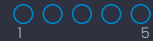
PERMA-V

Dr. Martin Seligman's PERMA model — expanded with Vitality — gives you a framework for flourishing rather than just surviving. Each letter represents a pillar of wellbeing. Use it to guide your daily Intention and track where you want to grow.

Positive Emotion

P

How often are you experiencing positive emotions in your daily life?



Engagement / Flow

E

How much of your day is spent in a state of flow — fully absorbed in meaningful work?



Relationships

R

How often are your interactions with others genuinely fulfilling?



Meaning

M

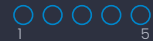
How often do you feel connected to a deep sense of purpose?



Achievement

A

How often do you feel proud of what you have accomplished or created?



Vitality

V

How often do you feel energized, rested, hydrated, and ready for the day?



USING PERMA-V WITH YOUR HOPPER

Each day, glance at your lowest-scoring pillar and let it inform your Intention. If Vitality is low, your intention might be 'get to bed by 10pm and drink 3L of water.' If Relationships is low, your WIP might include one genuine conversation. PERMA-V turns abstract wellbeing into daily action.

The Hopper — Explained

Intention

Your clearest goal(s) for the day. Draw from your Ideal Present box and let your lowest PERMA-V pillar guide you. This is not a task — it is a direction. One strong intention is worth ten vague ones. The PERMA-V letters beside it are there to remind you which pillar your intention is serving.

To Do

Everything on your mind today. Get it out. Don't filter yet. Pull from your Ideal Present box, your calendar, your obligations. This is your full inventory.

WIP — Work in Progress

The items you are actually going to complete today. Move carefully from To Do into WIP. This is where most people fail — they WIP everything and finish nothing. Be ruthless. If you're working with others, add their initials next to shared items.

Done

Items move here from WIP when completed. Note how long something actually took versus what you estimated. Over time this builds real self-knowledge about your capacity.

Outcomes

What resulted from your day. Not just tasks — what actually changed? Progress on a goal, a decision made, a relationship strengthened. Outcomes connect your day to your Ideal Future.

Gratitude

At least three things you are thankful for. Do this at the end of the day if you can. Specificity matters more than volume — one precise gratitude beats five generic ones.

Wins

Something worth celebrating. This is different from gratitude and different from outcomes. A Win is personal. It might be small. It is yours.

EXAMPLE — Intention and To Do completed the night before. WIP, Done, Outcomes, Gratitude, and Wins filled throughout the day.

inspero daily hopper

Date: June 1

P E R M A V V: Prep for bed 1 hour early. Drink 3L of water.

Intention

Run 1 hour
Get to know a team member better.
Respond instead of reacting.

To Do

Read a chapter
Write letter
Build presentation
Team meeting
Run
Volunteer
Vet appointment

WIP

AM: Build PPT
Run (1 hr)

Lunch: Team Mtg

PM: Vet
Soccer

Done

Run 1 hr
PPT (1 hr)
Team Mtg (90 min)
Vet
Soccer

Outcomes Team meeting — new goals set, training schedule completed.
PPT 50% done.

Gratitude

Engaged, energized team
Run felt great
Dogs are healthy

Wins

Responded instead of reacting to a difficult patient. Felt proud of that.

Daily Questions

Use these to spark your Intention each morning. You don't need all of them — one good question is enough. Read through and let one land.

1. What relationship do I need to focus on today?

2. What is the one thing I will work on to get closer to done?

3. What can I do today that will unlock future opportunities?

4. What strength can I lean into today?

5. How can I create genuine value for someone today?

6. What will provide the most impact in my life today?

7. What can I learn from someone around me today?

8. What can I teach today?

9. How can I wow someone today?

10. What one thing will get me closer to my most important goal?

11. What does my ideal self do today that my default self would skip?

12. If I only completed one thing today, what would make it a great day?

Add your own below:

inspero daily hopper

Date: _____

P E R M A V

Intention

To Do

WIP

Done

Outcomes

Gratitude

Wins

inspero daily hopper

Date: _____

P E R M A V

Intention

To Do

WIP

Done

Outcomes

Gratitude

Wins

inspero daily hopper

Date: _____

P E R M A V

Intention

To Do

WIP

Done

Outcomes

Gratitude

Wins

inspero daily hopper

Date: _____

P E R M A V

Intention

To Do

WIP

Done

Outcomes

Gratitude

Wins

inspero daily hopper

Date: _____

P E R M A V

Intention

To Do

WIP

Done

Outcomes

Gratitude

Wins

inspero daily hopper

Date: _____

P E R M A V

Intention

To Do

WIP

Done

Outcomes

Gratitude

Wins

inspero daily hopper

Date: _____

P E R M A V

Intention

To Do

WIP

Done

Outcomes

Gratitude

Wins

Breathe hope.

Hope is the consequence of action.

You will make progress if you act.