

2024 Ultimate Life Summit *Draft Agenda*

Sunday, July 14th

11 AM – 5 PM	Attendee Check-in, Tours, & Ice Breakers & Hang Out
5:30 – 6:45 PM	Welcome Dinner
7 – 9 PM	Opening Ceremony
9-10 PM	ULS Olympics
10 PM	Back to Hotel Rooms for the night

Monday, July 15th

8:45 – 9:45 AM	Breakfast
10 – 10:30 AM	Warm Up
10:30 – 11:15 AM	Everything is Possible
11:15 AM – 12 PM	Life Plan
12 – 12:30 PM	ULS Olympics
12:30 – 1:30 PM	Lunch
1:45 – 2 PM	Warm Up
2 – 2:45 PM	Passion First
2:45 – 3:30 PM	Life Plan
3:30 – 4 PM	ULS Olympics
5:30 – 6:45 PM	Dinner at Disney Springs
7 – 7:30 PM	Empowerment Workshop Intro
7:30 – 10 PM	Empowerment Workshops
10 PM	Back to Hotel Rooms for the night

Tuesday, July 16th

8:30 – 9:30 AM	Breakfast
9:45 – 10:30 AM	Warm Up
10:30 – 11:15 AM	We Are Connected
11:15 AM – 12 PM	Life Plan
12 – 1 PM	Lunch
1:15 – 1:45 PM	Warm Up
1:45 – 2:30 PM	100% Accountable
2:30 – 3:15 PM	Life Plan
3:15 – 3:45 PM	ULS Olympics
5:30 – 6:45 PM	Dinner
7 – 9:30 PM	Empowerment Workshops
9:30 PM	Back to Hotel Rooms for the night

Wednesday, July 17th

7:30 – 8 AM	Load Busses & Breakfast
9 AM – 2 PM	Magic Kingdom
2 – 9 PM	Hollywood Studios
9:30 – 10 PM	Departure & Arrival at Hilton
10 PM	Back to Hotel Rooms for the night

Thursday, July 18th

9 – 10 AM	Breakfast
10 – 10:30 AM	Warm Up
10:30 – 11:15 AM	Attitude of Gratitude
11:15 AM – 12 PM	Life Plan
12 – 1 PM	Mindspark Session
1 – 2 PM	Lunch
2:15 – 2:30 PM	Warm Up
2:30 – 3:15 PM	Live to Give
3:15 – 4 PM	Life Plan
6 – 7 PM	Pizza Party
7 – 10 PM	Talent Show
10 PM	Back to Hotel Rooms for the night

Friday, July 19th

9 – 10 AM	Breakfast
10 – 10:30 AM	Warm Up
10:30 – 11:15 AM	The Time Is Now
11:15 AM – 12 PM	Life Plan
12 – 1 PM	Mindspark Session
1 – 2 PM	Lunch
2:15 – 2:45	ULS Olympics
2:45 – 4 PM	Live to Give Project
6 – 8:00 PM	Graduation Dinner & Celebration
8 – 10 PM	Dance Party
10 PM	Back to Hotel Rooms for the night

Saturday, July 20th

9 – 10 AM	Breakfast
11 AM	Airport Departures & Pick-ups begin