

An Ideal Day According to Erika Frantzve

Written by Claire Perkins

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I've truly come to realize, if you want to make God laugh, tell him your future plans. A large percentage of the population would view my idea of a "normal day" as a bit insane. Yet, I would prefer the term "organized chaos." Being a modern day nomad and a Jane-of-all-trades, my agenda ranges from scheduling events through my nonprofit, Everyday Heroes Like You, to hoping on a plane and riding the Southwest "bus" to Los Angeles for a photo shoot or a hosting gig. I think it's important to view every day as an ideal day. It's all about maintaining a positive mindset. Sure, my life is unpredictable, but I don't expect people to understand my grind. So here it is, starting from the morning alarm going off to the alarm being set, and everything in between.

7 a.m.: After hitting whatever button I could find on my cell phone to snooze the alarm for the third time, I get up, have a massive breakfast, and read my daily devotional before going to work out and shoot around at the gym.

9 a.m.: Once showered and ready for the day, I plow through my e-mails that have come through for castings, upcoming auditions, nonprofit work, and confirm my schedule/meetings for the day.

10 a.m.: Go into the studio to shoot some quick daily hosting segments for political and entertainment news.

11:45 a.m.: Overview meeting with Everyday Heroes Like You board members to discuss and finalize plans of opening our third Johnny's Locker. Also, going through checklist items for our annual Romanian Angels Project in December and PAWS for a CAUSE event in February.

12:15 p.m.: Conference call with the casting producers I work with to hear the latest updates and see where we are on current talent and contestant lineups for upcoming reality TV shows.

12:30 p.m.: Have a quick catch-up lunch with my amazing mom in between her crazy day of meetings and conference calls to go over our list and event details for our upcoming private events in the Valley.

1:45 p.m.: Take a spin over to my "office" of choice for the day, which usually ends up being a unique coffee shop, like the type where you would find bongo drums and Mumford & Sons playing on repeat as ambience music. Grab an iced cold brew black coffee, no room for sugar or cream, just straight black, and catch up with e-mail responses and missed phone calls.

2 p.m.: Swing by the W Scottsdale for a follow-up meeting about my Friday night event co-hosted with Fabulous Arizona.

2:45 p.m.: Call my *mormor* and *morfar* to check up on them and see how their day is going. Yes, that is Swedish for grandma and grandpa, and, yes, my *mormor* makes unreal Swedish pancakes and meatballs from scratch.

3 p.m.: Go live on Independent Talk Radio, discussing everything from sports, politics, and the former pageant life of being Miss Arizona USA 2012.

4 p.m.: This is what I call the "rally hour". Grab an iced tea or a green juice, or both, and plow through the end of the day's e-mails and tie up loose ends before everyone leaves their office for the day

4:15 p.m.: Make flight reservations out to LA at 7:45 a.m. for my confirmed photo shoot, then head over to the shooting range for some target practice with my dad and talk about his emergency preparedness bug-out bags that just recently hit the market.

5:30 p.m.: Happy hour with my favorite human and best friend, JT Massey, also conveniently enough my incredible boyfriend, talking about everything, from his day at the baseball field to the latest with his music group, Saving Southern.

7 p.m.: Watch the news, raid the pantry for snacks, finish random items on my to-do list, and make updates on my Web sites.

9 p.m.: My personal E time. This is so important to me, just to take a minute to journal, and write down with a grateful heart the various "wow" moments I experienced throughout my day.

11 p.m.: If I can get my brain to turn off, it's bedtime. JT and I have a nightly prayer tradition where we take turns leading the bedtime prayer. Tonight's my night. Once we get off the phone, I set my alarm and get some rest for another unpredictable day tomorrow.

So there it is, my own version of a 9 to 5, attacking each day with messy hair and a thirsty heart to make a difference in the lives of others and leave behind my own legacy. I feel so blessed to live in such an incredible country, where we as individuals are able to live freely while passionately pursuing our dreams. Thank you to the brave men and women who have fought to defend that right for us and protect our freedom. The beautiful part about this thing called life is that each day is already written, so all you really are asked to do is, simply, just to live it.

Erika Frantzve, founder and CEO of Everyday Heroes Like You, model, TV host and Miss Arizona USA 2012