



MORNING ROUTINE

Win the morning, win the day. We all know the difference between an alert productive day, and a lethargic groggy one. Often, a few intentional actions at the start of your day can make all the difference. Describe your perfect morning. What can you do to prime your body and mind to be your best self? Include a time estimate for each item you write down. Add up the total time, and you will know how much time to budget for your morning routine. Mornings can be a hectic scramble just to get out the door, so be realistic. Shoot for 75% completion of your routine and you'll be amazed how a won morning can improve the trajectory of the entire day. Draft your routine in pencil, just in case something changes over time.

Morning Alarm Time:

Morning Routine Finish Time:

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

EVENING ROUTINE

The day is over, or is it? Often, we work so hard through the day that we are completely tapped when we get home. We shut off, we don't want to make any decisions. Shit, we don't even want to think. The problem is, the evenings are our best time to connect with others, to learn, to treat ourselves, to reflect, and to prepare for sacred sleep. For many of us, the evenings are the only time we have for ourselves. Do we spend this precious time in distraction, or do we spend it intentionally?

Use this section to create an evening routine that encourages connectivity, relaxation, love, and the best sleep possible.

Evening Routine Start Time:

Bedtime:

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	