

SUCCESS ROUTINE

Week Of: _____

DAILY HABITS	M	T	W	T	F	S	S
MORNING RITUAL							
Wake up by 6:00 AM							
Hydrate (500ml Water)							
Meditation / Mindfulness							
DEEP WORK & PRODUCTIVITY							
3 High-Priority Tasks Completed							
No Social Media until 12 PM							
HEALTH & GROWTH							
30 Min Physical Exercise							
Reading / Skill Learning							
EVENING REFLECTION							
Digital Detox (1hr before bed)							
Plan Tomorrow's Schedule							

Weekly Wins & Notes: