

DAILY ROUTINE & WELLNESS

MORNING FOCUS

- 06:30 Wake up & Hydrate
- 07:00 Movement / Exercise
- 07:45 Personal Grooming
- 08:15 Healthy Breakfast
- 09:00 Deep Work Session

AFTERNOON RHYTHM

- 12:30 Lunch & Screen Break
- 14:00 Administrative Tasks
- 16:00 Mid-day Stretch

EVENING WIND-DOWN

- 18:00 Dinner & Connection
- 19:30 Tidy Environment
- 20:30 Digital Sunset
- 21:00 Reading / Reflection
- 22:00 Sleep

HABIT TRACKER

- 8 Glass of Water
- Vitamin/Medication
- No Spend Day

DAILY INTENTIONS & NOTES

Write down your top three goals or gratitude list for today...