

DAILY RITUALS

Morning Routine

- Wake up & Hydrate *6:00 AM*
- Meditation / Breathwork *6:15 AM*
- Physical Movement *6:30 AM*
- Shower & Skincare *7:15 AM*
- Healthy Breakfast *7:45 AM*
- Review Daily Goals *8:15 AM*

Evening Routine

- Digital Sunset (No Screens) *9:00 PM*
- Prepare for Tomorrow *9:15 PM*
- Evening Skincare *9:30 PM*
- Journaling / Gratitude *9:45 PM*
- Reading *10:00 PM*
- Lights Out *10:30 PM*