

# DAILY ROUTINE

Plan ∅ Execute ∅ Reflect

## MORNING

06:30 Wake Up & Hydrate

07:00 Physical Movement

08:00 Deep Work Session

10:30 Healthy Brunch

## EVENING

17:00 Digital Sunset

18:30 Dinner & Family

20:00 Reading / Journal

21:30 Sleep Preparation

## NOTES & FOCUS