

DAILY FLIGHT PLAN

Date: _____ Focus: BabySteps & Consistency

MORNING ROUTINE

- Make Bed
 - Dressed to Shoes
 - Swish and Swipe
 - Reboot Laundry
 - Check Calendar/Menu
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EVENING ROUTINE

- Shine the Sink
 - Hot Spot Fire Drill (2 min)
 - Lay out Clothes
 - Declutter (5 min)
 - Pamper Yourself
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MISSION & ZONE WORK (15 MINUTES)

Current Zone: _____

Daily Mission: _____

NOTES / GRATITUDE