

MY DAILY ROUTINE



MORNING

FROM - TO


	M	T	W	T	F	S	S



AFTERNOON

FROM - TO


	M	T	W	T	F	S	S



EVENING

FROM - TO

	M	T	W	T	F	S	S



BEFORE BED

FROM - TO

	M	T	W	T	F	S	S


MY DAILY ROUTINE



MORNING

FROM - TO

TIME		M	T	W	T	F	S	S



AFTERNOON

FROM - TO


TIME		M	T	W	T	F	S	S



EVENING

FROM - TO

TIME		M	T	W	T	F	S	S



BEFORE BED

FROM - TO

TIME		M	T	W	T	F	S	S

DAILY ROUTINES EXAMPLES

SELF-CARE

- Personal care & hygiene – morning
- Personal care & hygiene – evening
- Massage
- Bath
- Spend time outside (fresh air, nature)
- Doctor's appointment
- Listen to music
- Vacation
- Break
- Relax
- Take a nap
- Prepare clothes for tomorrow
- Sleep

WORK

- Review and respond to emails
- Review calendar
- Meetings
- Make calls
- Organizing
- Projects

SOCIAL

- Family/Friends
- Connections
- Social media/ no social media)
- Family mealtime
- Time with pet
- Watch TV (news, movies, documentaries)

PURPOSE

- Volunteer/community service
- Mentor

PERSONAL GROWTH

- Read
- Listen to podcasts, audiobooks
- Learning and inspirational videos
- Affirmations

FINANCIAL

- Budget
- Pay bills / Taxes

NUTRITION

- Hydrate
- Breakfast
- Lunch
- Dinner
- Snacks
- Smoothie
- Tea/Coffee break

PHYSICAL EXERCISE

- Yoga
- Cardio
- Stretching
- Strength and Conditioning
- Dance
- Pilates

PLANNING

- Set intentions
- Set goals
- Set priorities
- Review goals
- Update planner
- Brain dump

HOME / CHORES

- Make bed in the morning
- Shopping/Groceries
- Laundry
- Plan meals
- Clean kitchen tops
- Dishes
- De-clutter
- Water plants

INTROSPECTION

- Meditate
- Pray
- Journal
- Gratitude practice