

# DESIGN YOUR IDEAL DAY

ROUTINE, RHYTHMS, & RITUALS

“You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine.”

*John C. Maxwell*

5:00am .....

6:00am .....

7:00am .....

8:00am .....

9:00am .....

10:00am .....

11:00am .....

12:00pm .....

1:00pm .....

2:00pm .....

3:00pm .....

4:00pm .....

5:00pm .....

6:00pm .....

7:00pm .....

8:00pm .....

# DESIGN YOUR IDEAL WEEK

ROUTINE, RHYTHMS, & RITUALS

	Morning	Afternoon	Evening
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

# DESIGN YOUR IDEAL MONTH

ROUTINE, RHYTHMS, & RITUALS

Month: .....
