

DESIGNING YOUR DAILY ROUTINE

This exercise is intended to help you design a routine that will cover your basic needs, keep you on schedule, and save you energy. Below you will find an example.

MORNING ROUTINE

- Wake up (same time every day)
- Make your bed
- Exercise
- Shower
- Drink a pint of lemon water
- Prepare and drink a nutritious smoothie
- Review your goals
- Have breakfast (ideally, you will only choose from 3 pre-selected options)
- Work

AFTERNOON ROUTINE

- Read and respond to e-mails
- Make and return phone calls
- Drink plenty of water
- Have a nutritious lunch
- Work

EVENING ROUTINE

- Take a walk
- Stretch
- Read for at least one hour
- Connect with family and friends
- Put everything back to its place
- Reflect on what you accomplished during the day
- Prepare for the next day
- Go to bed
- Sleep for at least 8 hours

The routine above is just a general example. If you noticed it includes a lot of self-care because if you take care of yourself, you can be there for others and perform your best.

Based on this example, please fill out the form below, and put it in a place where you can constantly see it, so there is no guesswork on what you need to do next.

Your routine might look completely different from the one in this example. That's OK because you want to own your routine, so make it personal. You can create a routine for the weekdays and a different one for the weekends.

Remember, one of the core principles of a routine is repetition. This creates a compounding effect, which means it accumulates effort, so over time the results of your efforts are going to be outstanding.

Yes You Can!

My Daily Routine

MORNING ROUTINE

AFTERNOON ROUTINE

EVENING ROUTINE
