

DAILY ROUTINES AND REFLECTIONS

Date:

To master your life, you must master your days. Establish strong routines in the morning and evening to lock in desired behaviors. You become what you practice over time. In the morning, understand the focus of each day, that focus will guide your actions towards success. In the evening, review the day, be grateful, forgive, and consider what is important for the next day.

My Morning Routine

Wake Up Time:

1. If this happens, then today is a success:

2. What am I grateful for today?

3. What difficult situations do I need to be careful of?

4. One thing I want to work on today is:

5.

My Evening Routine

Bed Time:

1. One thing I'm grateful for today is:

2. One thing I learned today is:

3. I need to forgive myself for:

4. The key things I need to do tomorrow is:

5.