

# My Ideal Day

## ROUTINES

Routines that focus on prioritizing your inner-most needs (like mental health hygiene, rest, relaxation, physical health, and whatever the word success means to you) can increase your daily satisfaction TREMENDOUSLY.

AM

Time

Routine

PM

How do I want my routines to make me FEEL?

Create a few attainable daily routines that you know you'll be able to repeat every day without too much difficulty. The best place to start is with a morning and evening routine – first thing when you wake up and the last thing before bed! See how long you can go without missing a day!

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## ROUTINES

12 AM

6 AM

12 PM

6 PM

Add the routines you've created into this 24 hour day wheel so you KNOW you've made room for them. There's no need to rush through your evening routines when you've already blocked out time for them! Color-coding your time can make it easier to follow!

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