

# MORNING ROUTINE

MAKE BED

WALK/EXERCISE

BRUSH TEETH/SKINCARE

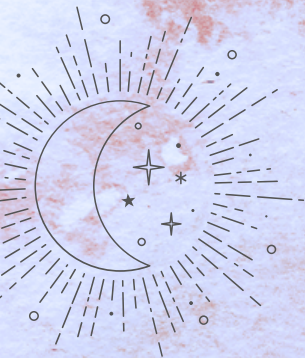
GET DRESSED

MEDITATE 10-20 MIN

COFFEE/TEA/DRINK

WATER

GRATITUDE LIST (10)



# EVENING ROUTINE

WARM BATH

MEDITATE (no limit)

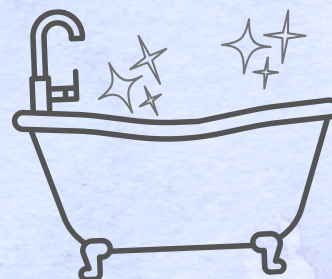
BRUSH TEETH/SKINCARE

TEA/WATER

PREP NEXT DAY'S OUTFIT

SLEEP

PREP ORGANIZER



READ BOOK