

My AM and PM Routine



Running

Planning

Connect with Friends

Yoga

Coffee

Skincare

Checking & Updating Calendar

Resetting Spaces

Brush Teeth

Emails

Finishing a task

Shower

Spiritual

Mediation

Journal

Workout

Tea

Connect with Family

Haircare

Quiet

Lemon water

Budgeting / Personal Finance

Additional Skincare



Priority

Why is this important to you?

Time Necessary

Priority	Why is this important to you?	Time Necessary

Total Time:



Priority

Why is this important to you?

Time Necessary

Priority	Why is this important to you?	Time Necessary

Total Time: