

<b>MORNING RITUAL</b>		TOTAL TIME
List your ritual activities and how long you need to complete them.		
	ACTIVITY	TIME
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

<b>WORKDAY SHUTDOWN RITUAL</b>		TOTAL TIME
List your ritual activities and how long you need to complete them.		
	ACTIVITY	TIME
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

<b>WORKDAY STARTUP RITUAL</b>		TOTAL TIME
List your ritual activities and how long you need to complete them.		
	ACTIVITY	TIME
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

<b>EVENING RITUAL</b>		TOTAL TIME
List your ritual activities and how long you need to complete them.		
	ACTIVITY	TIME
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		