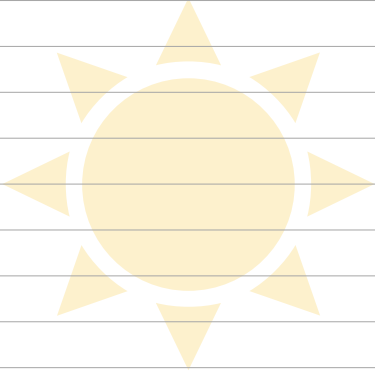
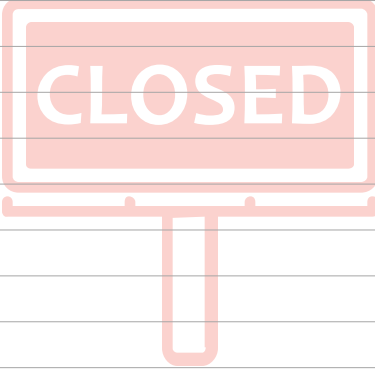




MORNING RITUAL		TOTAL TIME
List your ritual activities and how long you need to complete them.		
	ACTIVITY	TIME
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WORKDAY SHUTDOWN RITUAL		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		

WORKDAY STARTUP RITUAL		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		

EVENING RITUAL		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		