	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 ri	tual activities and how long you need to complete them.	
	ACTIVITY	TIME
1		
2		
3	CLOSED	
4	CLU3ED	
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	ODEN	
4		
5		
6		
7		
8		
9	U	
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		