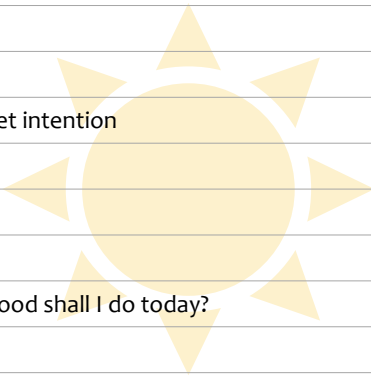
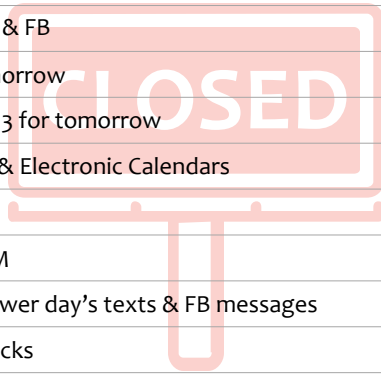


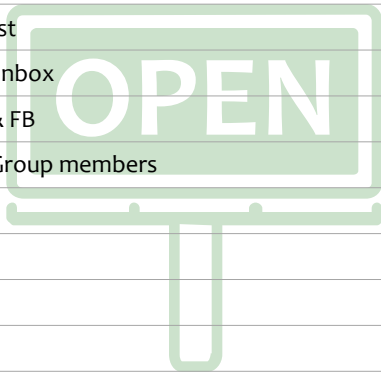
MORNING RITUAL		TOTAL TIME
List your ritual activities and how long you need to complete them.		75
	ACTIVITY	TIME
1	Drink a glass of lemon water	3
2	Tidy up	5
3	Yoga	10
4	Meditate - set intention	10
5	Shower	15
6	Breakfast	5
7	Get Ready	25
8	Ask: What good shall I do today?	2
9		
10		



WORKDAY SHUTDOWN RITUAL		TOTAL TIME
List your ritual activities and how long you need to complete them.		60
	ACTIVITY	TIME
1	Empty email inbox	10
2	Check Insta & FB	10
3	Review tomorrow	3
4	Identify Big 3 for tomorrow	2
5	Sync Paper & Electronic Calendars	5
6	Mile IQ	5
7	Update CRM	15
8	Review/Answer day's texts & FB messages	5
9	Deposit checks	5
10		



WORKDAY STARTUP RITUAL		TOTAL TIME
List your ritual activities and how long you need to complete them.		30
	ACTIVITY	TIME
1	Review daily Big #	5
2	Make quick list	5
3	Empty email inbox	10
4	Check Insta & FB	8
5	Approve FB Group members	2
6		
7		
8		
9		
10		



EVENING RITUAL		TOTAL TIME
List your ritual activities and how long you need to complete them.		15
	ACTIVITY	TIME
1	Tidy up	10
2	Brush & floss teeth	5
3		
4		
5		
6		
7		
8		
9		
10		

