

Design Your Day

- What time are you going to start your day?

- _____

- What is your “Morning Routine”?

- _____

- List Three activities

- _____

- Morning Appointments

- 8 -9 _____

- 9-10 _____

- 10-11 _____

- 11-12 _____

- 12-1 _____

- Afternoon Appointments

- 1-2 _____

- 2-3 _____

- 3-4 _____

- 4-5 _____

- 5-6 _____

- What is your “Bedtime Routine”

- _____

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