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s m t w t f s

Month: _____

DAILY SCHEDULE

EXAMPLE

Time	Activity
7:00am	Wake, exercise, shower, eat breakfast.
8:30	Make bed, tidy up, create a space.
9:30	Work or study.
1:00	Lunch.
1:30	Call someone.
2:00	Work or study.
5:30	Dinner, relax, watch a favourite show.
9:00	Journal, meditate or podcast.
10:00	Prepare for sleep, gratitude.