

DATE

My **MORNING ROUTINE** is:

**BREAKFAST**

My **HOUR OF POWER**

\_\_\_\_\_ 20 minutes exercise (physical exercise)

\_\_\_\_\_ 20 minutes connecting within (meditation, spending time in nature, etc.)

\_\_\_\_\_ 20 minutes of learning (reading, online programs, conversing with teacher)

My **TOP PRIORITY** for today is:

Five **ACTION STEPS** I plan to take today towards my **TOP PRIORITY**

1.

**LUNCH**

2.

3.

**DINNER**

4.

5.

My **GRATITUDE** Session. What I'm grateful for from today.

**FUNDS IN**  
**BANK**

**JOURNAL:**