

Daily Routine

TOP PRIORITIES

Creating structure in our lives is important in our overall productivity as well as happiness. The less we have to think about when it comes to our day-today tasks the more mental space we have when we really need it.

"Rules and routines ease our cognitive burden so we have bandwidth for creativity. Structure enhances spontaneity. And discovery reinvigorates the routine" - Jay Shetty (Think Like a Monk)

Morning

- Wake up
- Activity - Meditation, Exercise etc
- Breakfast
- Tidy up
- Shower & Physically Prep
- Commute
- Start work

Evening

- Wind down
- Electronics off
- Plan next day
- What are you thankful for today?
- Bed Time

Notes

Grid of dots for notes

Uniform

Horizontal lines for uniform



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Morning

Evening

Horizontal lines for morning notes.

Horizontal lines for evening notes.

Notes

Uniform

Dot grid for notes.

Horizontal lines for uniform notes.

