

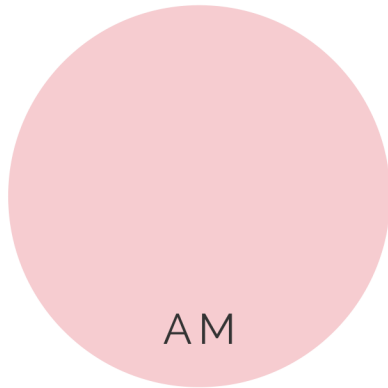
Daily Routines

	MORNING		EVENING/NIGHT
ONE			
TWO			
THREE			
FOUR			
FIVE			
SIX			
SEVEN			

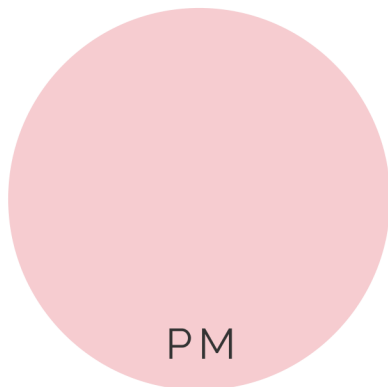
Creating Daily Routines

MORNING & NIGHT

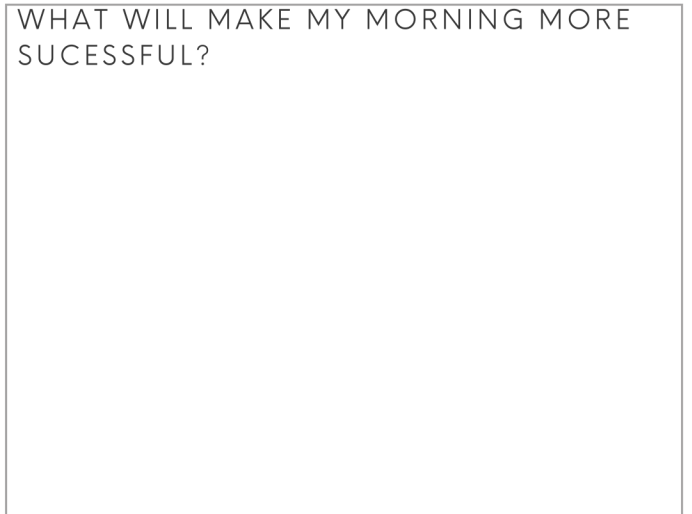
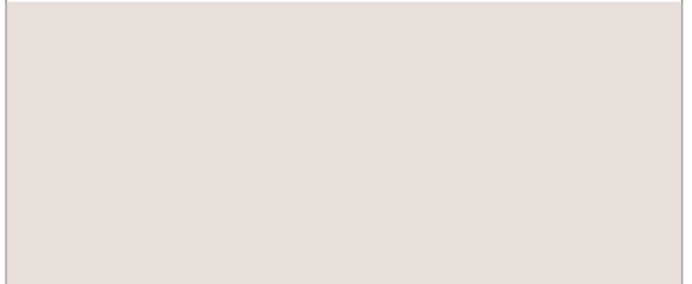
WHAT TIME DO I WANT TO WAKE UP
IN THE MORNING AND WHY?



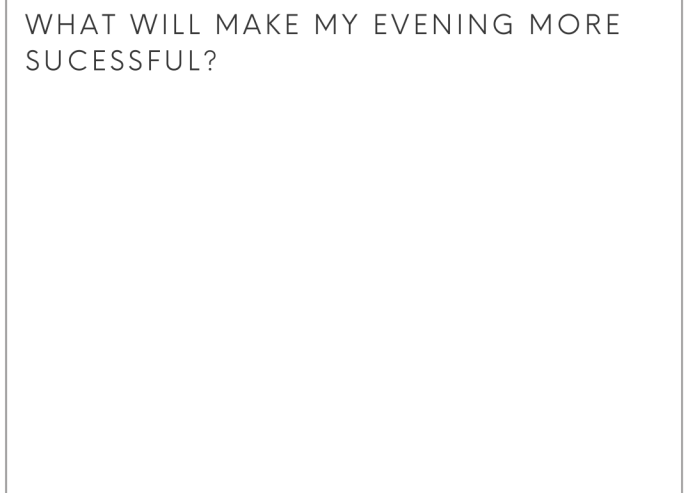
WHAT TIME DO I NEED TO GO TO BED TO
HAVE A GOOD MORNING AND WHY?



WHAT WILL MAKE MY MORNING MORE
SUCCESSFUL?

A large, empty rectangular box with a thin black border, intended for writing answers to the question above.A solid, light brown rectangular box, likely a design element or a placeholder for a different type of content.

WHAT WILL MAKE MY EVENING MORE
SUCCESSFUL?

A large, empty rectangular box with a thin black border, intended for writing answers to the question above.A solid, light brown rectangular box, likely a design element or a placeholder for a different type of content.