

SMALL STEPS EVERY DAY Daily Schedule

“Small steps add up to big results.”

Today I am grateful for...

Personal Goals:

- 1.) _____
- 2.) _____
- 3.) _____

Work Goals:

- 1.) _____
- 2.) _____
- 3.) _____

Morning Routine

- 6:00-6:30 _____
- 6:30 - 7:00 _____
- 7:00-7:30 _____
- 7:30-8:00 _____

Staying Focused

- 8:00-9:00 _____
- 9:00-10:00 _____
- 10:00-11:00 _____
- 11:00-12:00 _____
- 12:00-1:00 _____
- 1:00-2:00 _____
- 2:00-3:00 _____

3:00-4:00 _____

4:00-5:00 _____

Small Steps EVERY EVENING

5:00-5:30 _____

5:30-6:00 _____

6:00-6:30 _____

6:30-7:00 _____

7:00-7:30 _____

7:30-8:00 _____

Evening Routine

8:00-8:30 _____

8:30-8:45 _____

8:45-9:15 _____

9:15-9:30 _____

GRATITUDE

FULFILLMENT

BRAVE BOUNDARIES
