

My New Daily Routine

Worksheet created and available to download for free @ SeekATherapy.com

Goals For Life Improvements
1.
2.
3.

Ten Daily Habits You Wish To Undergo During Your Routine
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Note : This worksheet is to only act as a guide to help build your own daily routine. if you sometimes have days you do not stick to this routine, do not worry, we all have off days, try again the next day :).

Ideas for daily habits include, meditation, daily walks, exercise, meditation, reading, painting, drawing, learning a new skill, learn new recipes, create a blog.

Tip : Consider colour coding each routine.

You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine.

~ John C.Maxwell

My Daily Routine. Hour By Hour
6:00am
7:00am
8:00am
9:00am
10:00am
11:00am
12:00pm
13:00pm
14:00pm
15:00pm
16:00pm
17:00pm
18:00pm
19:00pm
20:00pm
21:00pm
22:00pm

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