
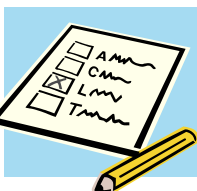




 <p><b>Wake Up!</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Coffee, stretch</li> <li><input type="checkbox"/> breakfast, vitamins</li> <li><input type="checkbox"/> Listen to music</li> <li><input type="checkbox"/> positive quote, affirmation</li> <li><input type="checkbox"/> prayer</li> <li><input type="checkbox"/> brief check: weather, news, email</li> </ul>	<p><b>Morning</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Get to work!</li> <li><input type="checkbox"/> Review calendar &amp; to-do list</li> <li><input type="checkbox"/> Start with an important task</li> <li><input type="checkbox"/> limit distractions &amp; focus</li> <li><input type="checkbox"/> tackle problems</li> <li><input type="checkbox"/> workout</li> </ul> 	<p><b>Noon</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> break &amp; re-energize</li> <li><input type="checkbox"/> Lunch</li> <li><input type="checkbox"/> meditation &amp; deep breathing</li> <li><input type="checkbox"/> nap</li> <li><input type="checkbox"/> Review progress and stay on track</li> </ul> 	<p><b>Afternoon</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> do routine tasks</li> <li><input type="checkbox"/> be aware, hydrate</li> <li><input type="checkbox"/> learn something</li> <li><input type="checkbox"/> cool down ,wrap up</li> <li><input type="checkbox"/> Clear desk</li> <li><input type="checkbox"/> Review today &amp; plan tomorrow</li> </ul> 
<p><b>Gratitude</b></p>  <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> <li>6.</li> </ol>	<p><b>To-Do Today</b></p>  <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> <li>6.</li> </ol>	<p><b>Daily Routine Checklist</b></p>  <p>"What will I do today that's worth talking about tomorrow?" -Montel Williams</p>	<p><b>Evening</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Dinner</li> <li><input type="checkbox"/> Connect w/family</li> <li><input type="checkbox"/> lift weights</li> <li><input type="checkbox"/> lock up/wash up</li> <li><input type="checkbox"/> prayer</li> <li><input type="checkbox"/> read</li> </ul> 