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LIFESTYLE & WELLNESS

# THE DAILY ROUTINE

*A simple, flexible plan for a more balanced day. Make it yours.*

*01 / YOUR DAILY RHYTHM*

**DATE:** _____ **TODAY'S FOCUS:** _____

## Plan your day

| TIME | ROUTINE | MY PLAN / NOTES | DONE |
|---|---|---|---|
| 6:00 – 7:00 AM | **Wake up gently**<br>Water · freshen up · make your bed | | ☐ |
| 7:00 – 8:00 AM | **Morning reset**<br>Skincare · light movement · get dressed | | ☐ |
| 8:00 – 9:00 AM | **Breakfast & priorities**<br>Eat well · review your top 3 tasks | | ☐ |
| 9:00 AM – 12:00 PM | **Focused work / study**<br>Start with your most important task | | ☐ |
| 12:00 – 1:00 PM | **Lunch & pause**<br>Step away from screens · recharge | | ☐ |
| 1:00 – 4:00 PM | **Afternoon flow**<br>Work · study · errands · short breaks | | ☐ |
| 4:00 – 6:00 PM | **Personal time**<br>Walk · hobby · family · refresh | | ☐ |
| 6:00 – 8:00 PM | **Evening routine**<br>Dinner · tidy up · prepare for tomorrow | | ☐ |
| 8:00 – 10:00 PM | **Slow down**<br>Skincare ·reading · gratitude · unwind | | ☐ |
| 10:00 PM | **Bedtime**<br>Put devices away · aim for restful sleep | | ☐ |

**TODAY I WANT TO FEEL:** ■ CALM ■ CONFIDENT ■ FOCUSED ■ ENERGISED ■ RESTED

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# THE DAILY HABIT TRACKER

*Choose a few habits that support the way you want to live.*

*02 / SMALL HABITS, STEADY PROGRESS*

**WEEK OF** _____ **MY MAIN INTENTION** _____

## Track what matters

| MY HABITS | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|---|
| Drink enough water | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Move my body | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Eat nourishing meals | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Complete my top priority | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Skincare / personal care | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Read or learn something | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Take a mindful break | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Spend quality time offline | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Prepare for tomorrow | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Keep a consistent bedtime | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| NOTES | | | | | | | |

## A quick check-in

**What went well today?**

**What would make tomorrow easier?**

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# THE LIFESTYLE PLANNER



*A little space for the details that make your days feel like you.*

*03 / STYLE, CARE & RESET*

**DATE:** _____ **MOOD** _____

## Get ready with intention

### OUTFIT OF THE DAY

Weather / occasion: _____

Top: _____

Bottom: _____

Shoes & accessories: _____

My style note: _____

### SELF-CARE MOMENT

Skincare: _____

Movement: _____

Meal / hydration goal: _____

A moment for myself: _____

How I want to feel: _____

## My top 3 priorities

| | |
|---|---|
| 01 | _____ |
| 02 | _____ |
| 03 | _____ |

## Notes, ideas & little wins

*TONIGHT'S RESET*

☐ *Set out tomorrow's outfit* ☐ *Tidy one small space* ☐ *Prepare essentials* ☐ *Write down one thing I'm grateful for*

***A good day doesn't have to be a perfect day***