

Morning and Evening Rituals Worksheet™

MORNING RITUAL List your activities and necessary time for completion.		
	ACTIVITY	TIME
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
TOTAL TIME		


POSSIBLE ACTIVITIES

EVENING RITUAL List your activities and necessary time for completion.		
	ACTIVITY	TIME
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
TOTAL TIME		



POSSIBLE ACTIVITIES

Workday Rituals Worksheet™

WORKDAY STARTUP RITUAL		
List your activities and necessary time for completion.		
	ACTIVITY	TIME
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
TOTAL TIME		

	
POSSIBLE ACTIVITIES	

WORKDAY SHUTDOWN RITUAL		
List your activities and necessary time for completion.		
	ACTIVITY	TIME
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
TOTAL TIME		

	
POSSIBLE ACTIVITIES	