

2021 Habits Routines / Rituals

MORNING Routine (60min)

- Get Up @ 6-7am - Drink (2min) ***
- Chk Garmin Sleep/BodyBattery (3min)
- Open YouVersion Bible App (2min)
- Play Mariners Church Proverbs Podcast (5min+)
- BackSupport + Coffee - Fridge/Drink (5min)
- Select/Play AM Motivation Podcast (3min) **
- T-S-S: Toilet/PC - Shave/PC - Shower/Pray (10+10+10min)
- B&B: Make Bed & Eat B'fast (5+5min)
- Go To Work @ Office/Studio @ 7-8am (0) *

WORKDAY START-UP (30-60min)

- Open MBP & Start Pomo Timer 4 Workday Start-Up (2min)
- Journal/Planner entry re Sleep/Energy (hrs/%) & Feeling? (3min)
- Open 5 Min. Journal & Gratefully Thank God (Pray) for Wins (5min)
- Bible Verse of the Day c/o YouVersion-Sermon-Proverbs (7min)
- Journal/Pray - "3 Thing You're Grateful For Today?" (3min)
- Journal/Pray - "What Would Make Today Great?" - 3 Things (5min)
- Journal/Pray - Scripture/Affirm "I Am"... or Read Affirmations (5min)

- Review Qtrly Goals + Wkly Priorities & previous Big3/Tasks? (5min)
- Capture & Clarify Today's #3 MVPriorities ToDo's in Planner (10min)
- Pray for God's Help-GuideVoice-Power to Complete His Work (5min)
- Leadership/Business Podcast ACT-on (1) (5min)

- Set-Up Desk/Workspace to Execute (Folders/Tools) (3min)
- Take ADDerall w/Smoothie or Juice (2min) *
- Opt. Commit 3 / Photo + Msg w/MVP#3 to BizPartner (5min)

WORKDAY SHUT-DOWN (15-30min)

- Scores: RescueTime Productivity (95%), PomoDoneApp Work Hours (9hrs) & Pomo# (12) (5min)
- Planner Review: Big#3 Score (3/3)? Other Tasks [√x->]? Next Workday ToDo's? (5-10m)
- Journal: Celebrate WINS "3 Amazing things that happened Today?" (5min)
- Clean Up & Organize Desk/Workspace (2min) / Leave Planner/ Journal Open w/Pens (2min) / Turn-off MBP Wi-Fi & Close/ ShutDown (1min)
- Go 4 HIKE! + Podcast/Prayer

PRE MBP or Post-HIKE IOS Workday Shutdown (15-30min)

- Check Business Emails & Flag ACT-on's + Quick Replies (5min)
- Check Yahoo/Spark Email Subs & Pin ACT-on's (5min)
- Read/ACT-on Urgent/Important Secondary Emails (5min)
- Check Social Media Biz. Pages, Notifications & Pro Groups (5min)
- Review YT History re any Goal-related ACT-ons? (5min)

EVENING Routine (30min)

- Turn TV/Devices Off @ 9-9:30pm (5min)
- Make/Set Coffee + Bedside Drink (5min)
- Put-on PJ's & set Work Clothes out (5min)
- Go to Bathroom, Brush/Floss Teeth (5min)
- In-Bed @ 9:30-10pm: Close Doors & Lights Out. (3min)

- Take Sleep Aid w/Juice or Sleepy-Time Tea (2min)
- Opt. *Headspace Meditation Music / Beach* (5min)
- Sleep by 10pm - 6-7am = 8-9 hrs (Rest-2B-Best)

Key Non-Negotiable's **Daily HABITS** & Motivations:

8hr Sleep: energy, focus, +feelings, look my best esp. face/eyes

Daily EXC: energy, strength/confidence, healthy weight/waist, lwr.BP

Bible/Prayer: clarity, character, affirm, confidence, direction, power

Journal: grateful + mindset, define great/win, affirm, celebrate wins

PCinput: daily motivation, opt/max performance, practical ideas