

MORNING RITUAL:	EVENING RITUAL:
<input type="checkbox"/> Wake up on time	<input type="checkbox"/> Start ER two hours before bedtime
<input type="checkbox"/> No phone in bed	<input type="checkbox"/> Clean up the kitchen
<input type="checkbox"/> Glass of water	<input type="checkbox"/> Make lunches
<input type="checkbox"/> Teeth, hair, get dressed	<input type="checkbox"/> Lay out clothes
<input type="checkbox"/> Morning exercises	<input type="checkbox"/> Before bed routine
<input type="checkbox"/> Bible and prayer	<input type="checkbox"/> Bible and prayer
<input type="checkbox"/> Morning question	<input type="checkbox"/> Evening question
<input type="checkbox"/> Plan the day	
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Turn off the phone
<input type="checkbox"/>	<input type="checkbox"/> Go to bed on time

MORNING: What would make today great?

1.
2.
3.

EVENING: How could I have made today even better?

SCHEDULE	TO DO LIST:
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

EVENING: 3 Amazing things that happened today...

1.
2.
3.

