

Daily Rituals

MORNING RITUAL		Total Time:
List your ritual activities and time for completion.		
	ACTIVITY	TIME ALLOTTED
1		
2		
3		
4		
5		
6		
7		
8		
9		



EVENING RITUAL		Total Time:
List your ritual activities and time for completion.		
	ACTIVITY	TIME ALLOTTED
1		
2		
3		
4		
5		
6		
7		
8		
9		

