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# PURPOSEFUL ROUTINE

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## Module 5 | Balance

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### day by day, night by night

4am  
5am  
6am  
7am  
8am  
9am  
10am  
11am  
12pm  
1pm  
2pm  
3pm  
4pm  
5pm  
6pm  
7pm  
8pm  
9pm  
10pm  
11pm  
12-3am

#### Morning Routine:

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- What is the first thing I do when I wake up?
- What is the 2nd, 3rd, 4th?
- What works for me?
- What bogs me down?
- Is my morning routine optimal?

#### Afternoon Routine:

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- What is my routine for lunch?
- What habits have I intentionally created that bring joy?
- What do I tend to do in the afternoon?
- How mindful do I feel?

#### Evening Routine:

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- What do I look forward to?
- What helps me feel restful?
- What time do I shut off electronics?
- What do I want my evening routine to include?

# Reflect & Connect

## One Step of Intention

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What is one area of my daily routine that I can bring intention to create more of what in the way of balance?

How will I put this new routine into place, or change my old routine?

Like the bamboo farmer, what kind of "root system" am I creating for myself with this change?

How likely will I keep this new routine on a scale of 1-10? If not a 10, what needs to be in place for me to be intentional?

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