

Your Daily Routine

Every day is different. Different demands, rhythms, and distractions. This framework allows us to establish a baseline that will support us across different phases of intensity. To self-locate. To critically look at the rhythms of our days and adapt them

Map your typical day. What care routines keep you in rhythm on **typical** days?



Phase 1: Waking and Early Morning (Hours 1-4)

Phase 2: Midday through Evening (Hours 5-13)



Phase 3: Bedtime and Sleeping (Hours 14-24)
