

# Routines Refresh Worksheet



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**024. Refresh Your Routines - Favorite Self Fall (Part 2)**

Listen now at [theangelicamarie.com/podcast](https://theangelicamarie.com/podcast)

Use this worksheet to outline your new routines to practice for your Favorite Self.



Something for your **BODY**



Something for your **MIND**



Something for your **SPIRIT**



Something for your **FUTURE**

## Morning Routine



## Lunch Time Routine



## After Work Routine



## Evening Routine

