

# BUILD YOUR ROUTINES WORKSHEET



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## **031. the 4-Step Routine Structure to Boost Your Energy in the Morning and Lower Stress in the Evening**

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Use this worksheet to outline your new morning and evening routines. Below are some examples for each element you can use in your routines, but find ones that work best for you.

Body:

- workout
- stretch
- yoga
- walk
- rebound
- skincare

Mind:

- read
- listen to a podcast
- watch a tutorial
- class or course
- journal
- plan the day
- set an intention

Spirit:

- prayer
- meditation
- gratitude
- breathing exercise
- enjoy the silence
- reflection
- Bible study

Future self:

- review your goals
- set priorities
- work on side business
- meal prep
- set out clothes for next day
- financial review

## **MORNING ROUTINE**

Body:

Mind:

Spirit:

Future self:

## **EVENING ROUTINE**

Body:

Mind:

Spirit:

Future self: