

Routine Form

Name: Carol Davis

Date: 10/17/2023

Goals: To enhance leadership skills, engage in community service, and learn to cook.

Wake Time: 07:00 AM

Breakfast: Whole grain toast and fresh juice.

Morning Meditation: Leadership affirmations, 7:30 AM, 5 minutes.

Morning Reading: 8:00 AM, "Dare to Lead", 30 minutes.

Morning Physical: 8:45 AM, Morning walk, 15 minutes.

Dinner: Attempt a new recipe, 7:00 PM

Sleep: 11:00 PM

Evening Meditation: Reflection, 10:30 PM, 5 minutes.

Evening Reading: 10:00 PM, "Community Organizing Handbook", 20 minutes.

Phonedown: 10:50 PM