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| --- | --- |
| Wake up | 30 min |
| Mid morning | 180 mins |
| evening | 510 mins |

Lay in bed

Get ready from work

Play games on my phone, smoke, and drink my coffee and shake

Feed the dog

Walk up the stairs to my office and start working

Eat lunch

Take dog outside and relax on the porch

Get off work

Make my coffee and shake

Clean the dishes

Take my meds

Morning Start

Wake up mid morning evening

* **Eliminating Waste** –When it comes to eliminating waste in my daily routine, I would say that I would not change a thing in my routine. When I was in the military my day was all planned out and if anything messed with the plan it would be a long day for me. So I like to keep to a well balance routine.
* **Workflow Orchestration**– in the same I have my whole day already lined out for the next day before I even go to bed after work even when it comes to Sunday when I have to work really early in the morning i even know what I need to do after I get off work.
* **Governance Models** – I would say that all my step I take everyday is plan and I really don’t see anything I need to do in my step to take action in to make sure I am planning my days out.