

CIRCADIAN JOURNAL

M T W T F S S

■ MORNING within first hour

Light

Hydration

Movement

INTENTION

PRIORITIES

1. _____
2. _____
3. _____

■ JOURNAL anytime — process, explore, release

■ EVENING 1 hour before bed

Unplug

Wind-down

Fasted

INSIGHT

GRATITUDE

1. _____
2. _____
3. _____