

# APRIL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Look at your routines and write a list	2 Review your list of routines to weed out bad ones	3 Look at the list of routines to decide if you need new ones	4 While doing your routines write down what you like about them.	5 Plan out a morning routine and then go to bed early tonight	6 Follow your new morning ritual and journal how it makes you feel
7 Create a Master List of things to accomplish this month	8 <a href="#">From your Master List Prioritize the top 6 items using the Ivy Lee Method</a>	9 Ask yourself, "What routine can I adopt that will improve my life the most?"	10 Adopt your new ritual/routine into your day	11 Create a ritual of walking at lunchtime	12 Do you have an evening routine to wind down before bed	13 Do a weekly review and journal about your morning ritual
14 Start a meditation habit. Use the Insight Timer App	15 Use the Ivy Lee Method to prioritize your list of To-Do's	16 <a href="#">Read "The Miracle Morning" by Hal Elrod</a>	17 How do your rituals/routines feel?	18 Are you practicing mindfulness while doing your routines?	19 Do you have bedtime rituals with your kids? If not start one	20 Make sure you continue other self-care practices like a massage
21 Enjoy your family rituals around holidays	22 Continue your Ivy Lee method ritual to plan your days	23 <a href="#">Read "Daily Routine Makeover" by Andy Han</a>	24 Review all of the routines you've established. Are they working?	25 <a href="#">Watch Tony Robbins 10 minute daily ritual</a>	26 How are your new bedtime rituals working out for you?	27 Does your morning routine /ritual make you more relaxed?
28 Don't forget the ritual of your Gratitude Journal	29 Don't forget your new ritual on using the Ivy Lee Method	30 Ask yourself if your life seems more balanced				