

Make Time for Taking Action

Use the following table as a template for your new routine. Start by listing the things you do on a regular basis and then find areas where you can shift things around to make time for taking action toward your goals.

You have a choice. You can continue doing what you've always done, or you can take action on a daily basis to create the life you've always wanted. **You can do this! I believe in YOU!**

Time	Current Routine	New Routine	Enforcement
4:00 am			
4:30 am			
5:00 am			
5:30 am			
6:00 am			
6:30 am			
7:00 am			
7:30 am			
8:00 am			
8:30 am			
9:00 am			
9:30 am			
10:00 am			
10:30 am			
11:00 am			
11:30 am			
12:00 pm			
12:30 pm			
1:00 pm			
1:30 pm			
2:00 pm			
2:30 pm			
3:00 pm			

Time	Current Routine	New Routine	Enforcement
3:30 pm			
4:00 am			
4:30 pm			
5:00 pm			
5:30 pm			
6:00 pm			
6:30 pm			
7:00 pm			
7:30 pm			
8:00 pm			
8:30 pm			
9:00 pm			
9:30 pm			
10:00 pm			
10:30 pm			
11:00 pm			
11:30 pm			
12:00 am			
12:30 am			
1:00 am – 3:00 am	SLEEP		