

**PRIORITY SEQUENCE** security – safety | zero > twb | health | discipline

\_\_\_\_\_ 02:00 **AWAKEN** affirm – dedicate | review attitude – set/reset | review priorities & plans – day-year-life<sup>+</sup>, trips \_\_\_\_\_

**RISE** meds, tx | nature | files | x // breakfast // fluids | times

**notes, special plans** \_\_\_\_\_

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\_\_\_\_\_ 03:30 **TWB foundation – develop** \_\_\_\_\_

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\_\_\_\_\_

¿times?

\_\_\_\_\_ 07:30 **TWB transform – execute** \_\_\_\_\_

\_\_\_\_\_

¿times?

\_\_\_\_\_ 09:00 **PRESSING** \_\_\_\_\_

\_\_\_\_\_

¿times?

\_\_\_\_\_ 11:00 **TASKS** \_\_\_\_\_

\_\_\_\_\_ 13:00 **EXERCISE**

\_\_\_\_\_ 15:00 **PM prep – pm to life<sup>+</sup>** \_\_\_\_\_

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**PM activities** \_\_\_\_\_

\_\_\_\_\_ 17:00 **SLEEP EARLY**