



DAILY ROUTINE
TO MAINTAIN
YOUR MOMENTUM



MORNING

WAKE: AM

Choose a time to set your alarm that allows you enough time for self-care. By completing the routine guide below you can work out how much time to allow for this.

MEDITATE: MINS

Choose a meditation you are familiar with or visit lozlife.com to follow a guided meditation.

WALK/EXERCISE: MINS

Choose and exercise or activity that fills you with joy; yoga, walking, running, gym, etc.

GOAL SETTING: MINS

Choose goals that are achievable in the time that you have, that will create a meaningful change and be the next step towards your ultimate goals.

TODAY MY TOP 5 PRIORITIES ARE:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



EVENING

SLEEP: PM

Choose a time to go to bed that allows you enough time for 7-9 hours of sleep.

SWITCH OFF: PM

Avoid television, computers, smart-phones and other stimulating electronic devices before bedtime.

SWITCH OFF WIFI:

Make sure you switch off your WIFI/Mobile Data before you go to bed, if there is an emergency people will still be able to call you.

RITUAL:

Enjoy some soothing Chamomile tea.

Use some quality lavender oil on your pillow or diffuse a relaxing blend of essential oils in your bedroom.

Once you're in bed, stop checking your clock.

FULL BODY RELAXATION:

Relax your body, start with the tips of your toes and work your way to the very top of your head. Begin by taking 3 deep cleansing breaths, imagine a beautiful golden light filling each part of your body as it goes to sleep.

(You may not stay awake long enough to get to the top of your head.)