

For

## Morning Routine

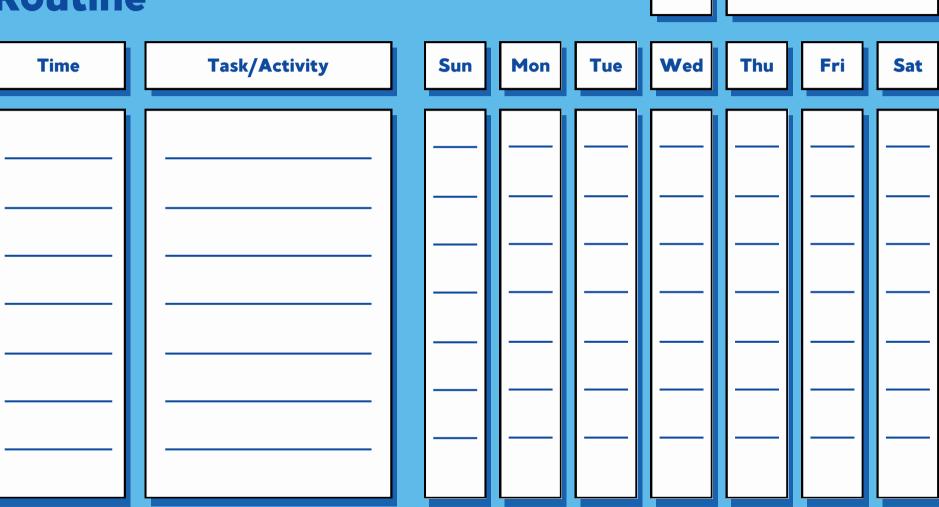


"The morning was full of sunlight and hope" - Kate Chopin



For

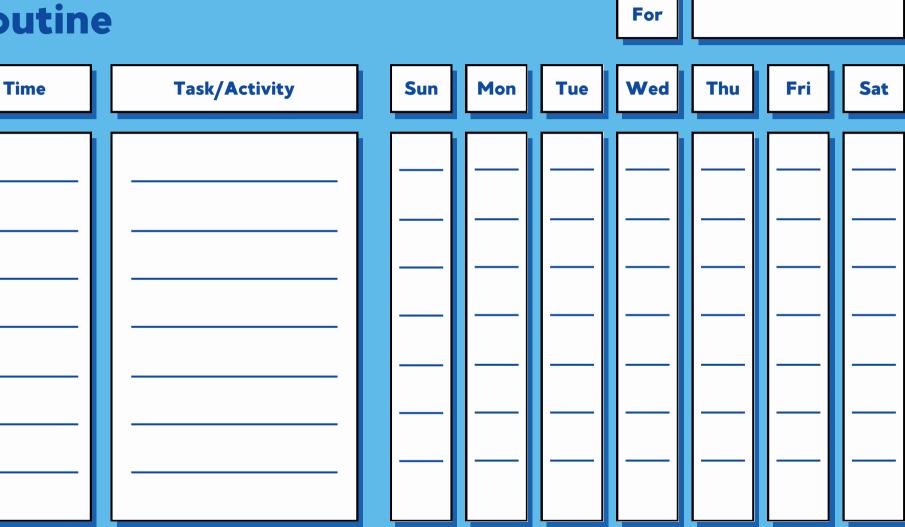
## Afternoon Routine



"Make each day your masterpiece" - John Wooden



## Evening Routine



"The perfect day begins with a good evening" - Ryan Holiday