Daily Schedule Template

Morning (6 am - 11 am)

- Pray

- Read God's word

- Tidy up the room

- Make breakfast

- Exercise

- Bath

- Eat

- Go to work

- Journal

Midday (11 am - 1 pm)

- Cook/ Eat lunch

- Meditate

- Break

Afternoon (1 pm - 5 pm)

- Work on a professional project

- Close from work

- Have a brisk walk

Evening (5 pm - 10 pm)

- Cook Dinner

- Write a journal

- Clear off dishes in the sink

- Read a chapter of any book

- Watch a show

- Be ready for sleep