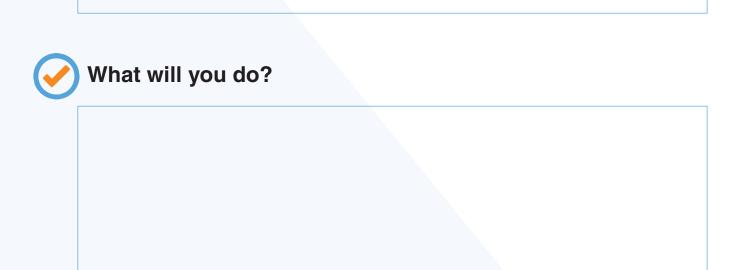
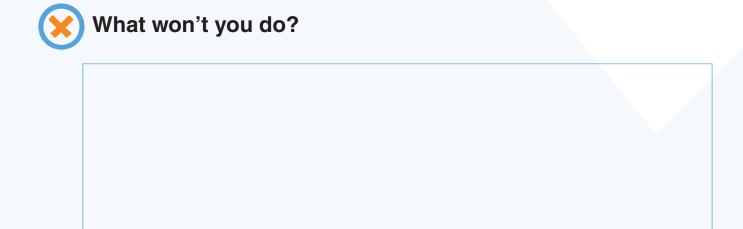
## **Morning Mastery**



### Plan out your successful morning.











## **Night Mastery**

# Plan out your successful bedtime.



What time will you stop working?
What time will you stop checking email? Social Media? Put down your devices?
What time will you be in bed?





## **Weekend Mastery**



#### Plan out your successful weekend.

<b>(</b>	What time will you wake up during the week?
<b>②</b>	What will you do?
×	What won't you do?

Share your answers with us at <a href="mailto:action@chriswinfield.com">action@chriswinfield.com</a>
to let us know your commited!





