

# Morning Mastery

Plan out your successful morning.



**L** What time will you wake up during the week?

**✓** What will you do?

**✗** What won't you do?

# Night Mastery

**Plan out your successful bedtime.**



**L** What time will you stop working?


**L** What time will you stop checking email? Social Media?  
Put down your devices?


**L** What time will you be in bed?


# Weekend Mastery

Plan out your successful weekend.



 What time will you wake up during the week?

 What will you do?

 What won't you do?

Share your answers with us at [action@chriswinfield.com](mailto:action@chriswinfield.com)  
to let us know your committed!