

DAY DESIGNING

BUILD DAYS THAT BUILD YOU.

INTENTIONAL. ALIGNED. EFFORTLESS.



MORNING

AFTERNOON

EVENING

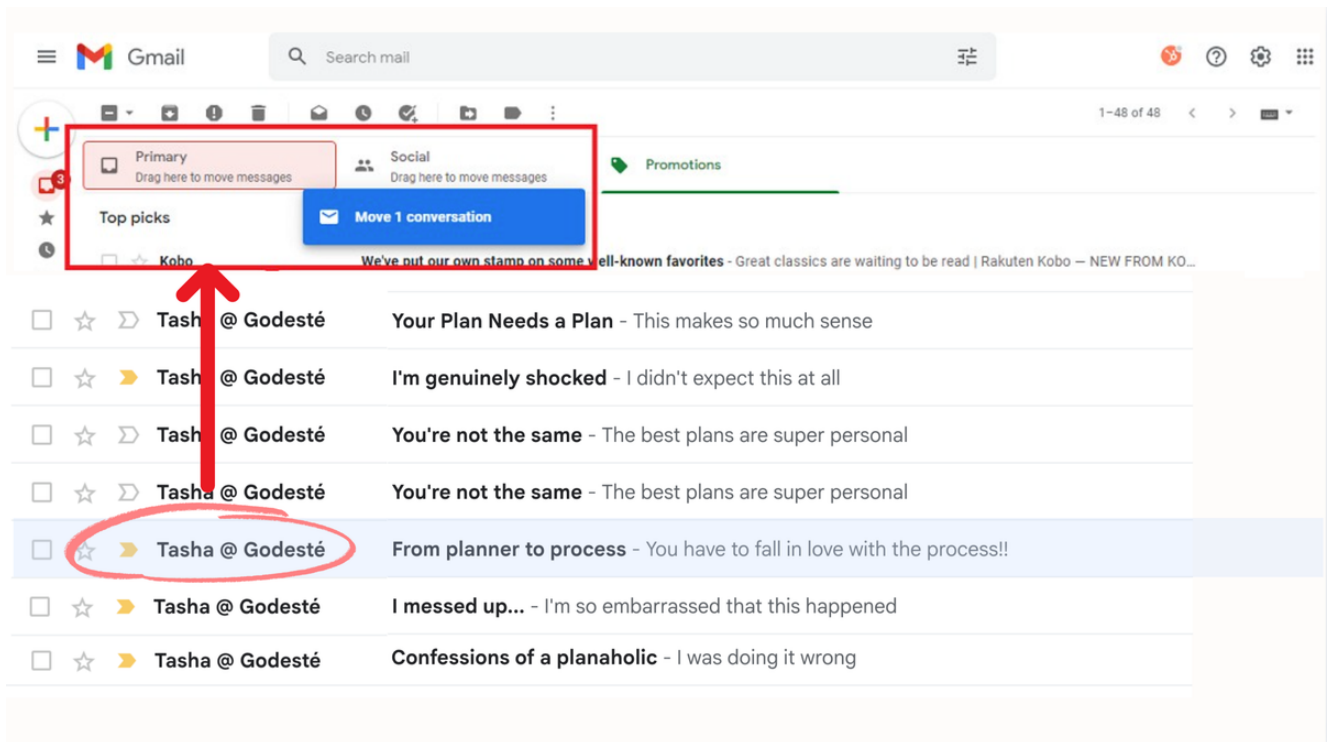
NIGHT

Quick heads up!

Over the next few days, you'll receive the *Day Design Activation*, a short series designed to help you turn planning into progress.

To make sure you don't miss a lesson, drag your welcome email into your Primary inbox (or add me to your contacts).

That way you'll get every lesson, every planner drop, and every surprise that comes along the way. 😊



WELCOME

This is your invitation to create a daily rhythm that makes life feel smoother, steadier, and more supportive of your financial goals.

Inside, you'll find 4 different ways to plan your day.

You can choose the method you already know works for you or spend some time experimenting to discover your personal planning style.

But this isn't just about time management. Or productivity. It's about creating a life that feels intentional instead of reactive.

Because your wealth isn't just built inside of your budget. It's built inside of the fabric of your everyday habits.

The small routines, repeated choices, and invisible systems that guide your life often have more impact on your wealth than you realize.

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This planner was designed to help you slow down, think clearly, reduce friction, and create more space for the life you're trying to build.

Not perfectly.

Not all at once.

Just intentionally.

And when you're ready to build your actual budget, our template is located in the back.

DESIGNING MY

DAILY ROUTINE

Morning:

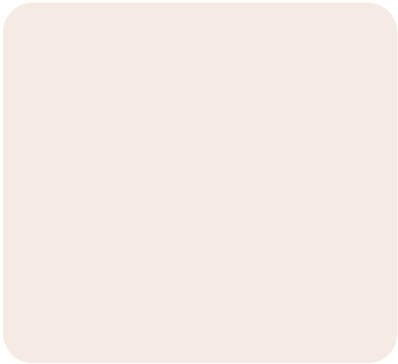
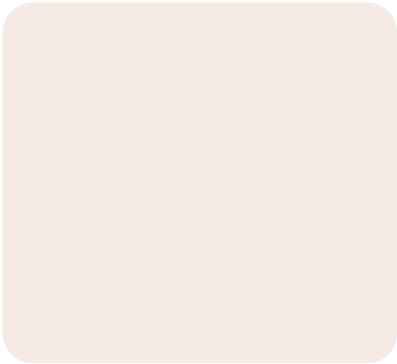
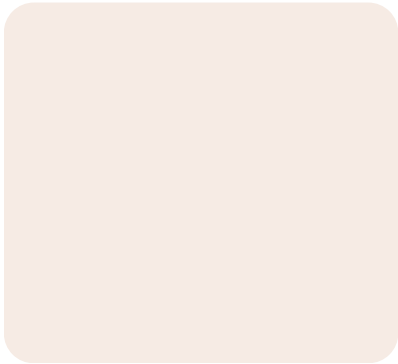
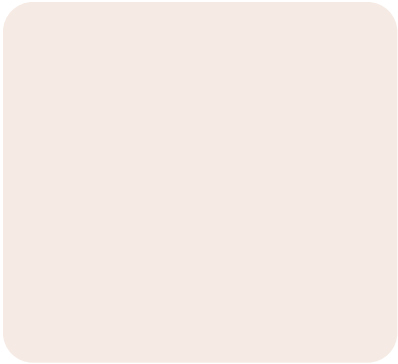
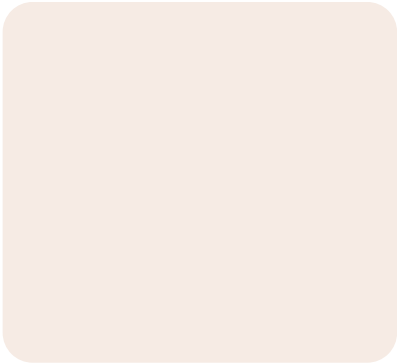
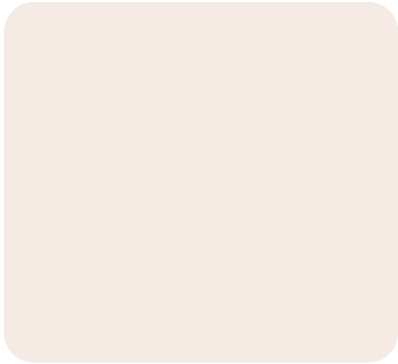
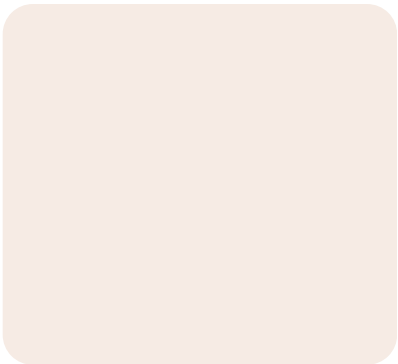
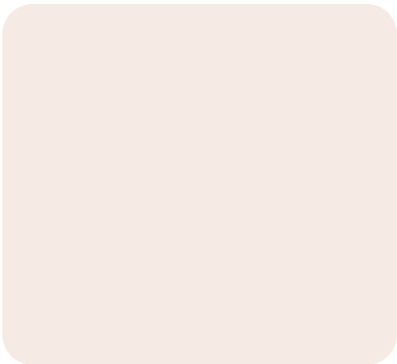
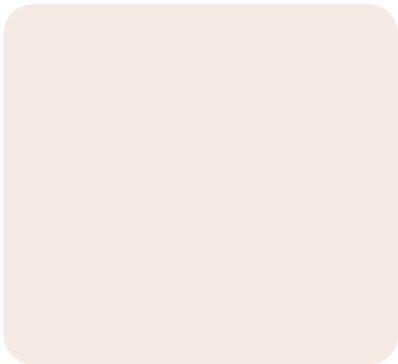
Afternoon:

Evening:

Night:

DESIGNING MY

DAILY ROUTINE

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DAILY ROUTINE

Morning block @ 9am

- Fasted workout
- Shower + get ready
- Protein coffee

Work block @ 10:00

- Complete tasks
- Prep for the day

First meal @ noon

- Eat (protein)
- Quick walk

Deep work @ 1:00pm

- Strategy
- Creative tasks
- Snack

Walk @ 6:00pm

- Walk
- Run errands
- Do laundry

Dinner @ 7:30pm

- Put meal together
- More protein
- Wind down energy

Kitchen closed @ 8:30pm

- No more food
- No more water
- Bed by 1am

DESIGNING MY

DAILY ROUTINE

6:00 AM

8:00 AM

10:00 AM

12:00 PM

2:00 PM

4:00 PM

6:00 PM

8:00 PM

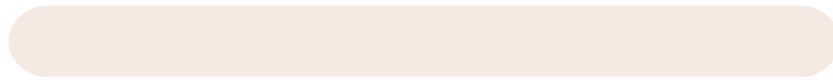
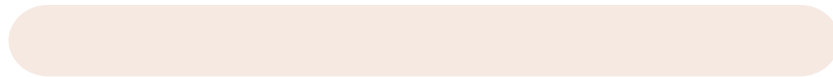
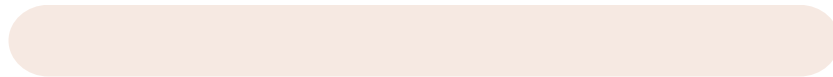
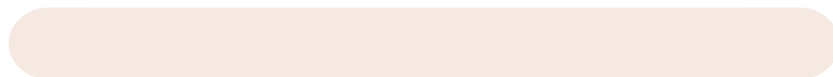
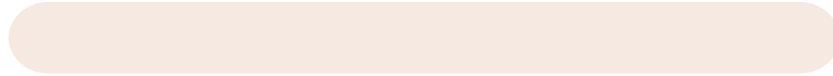
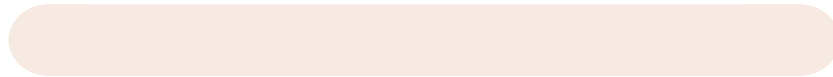
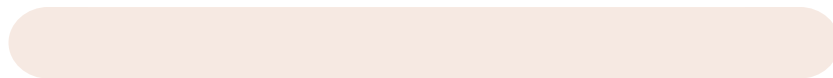
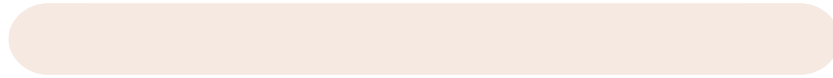
10:00 PM

12:00 AM

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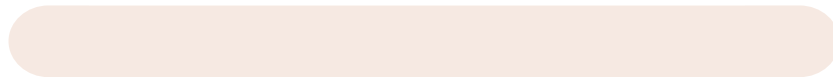
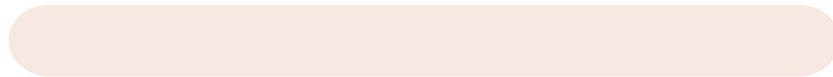
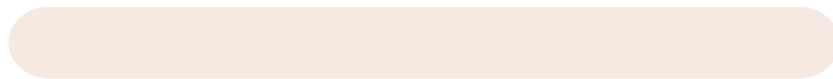
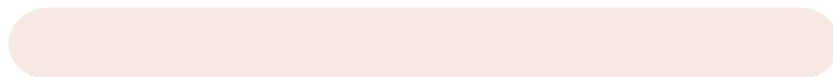
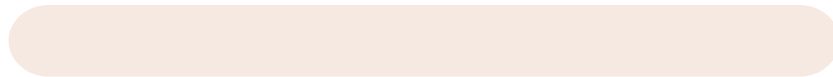
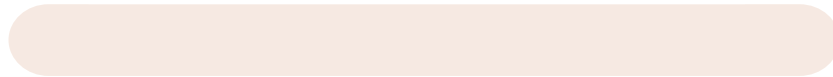
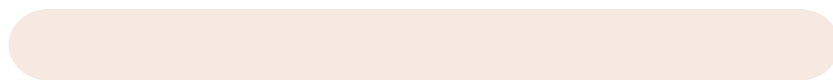
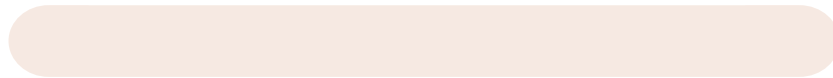
Morning:

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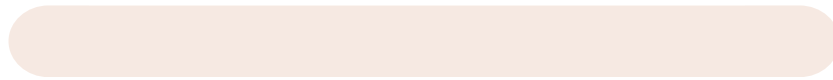
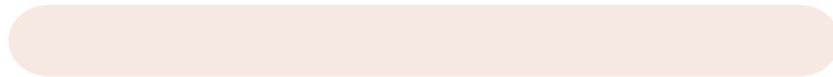
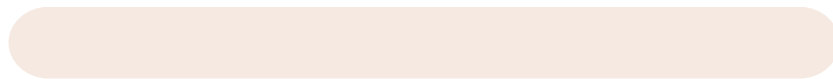
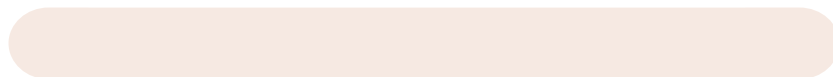
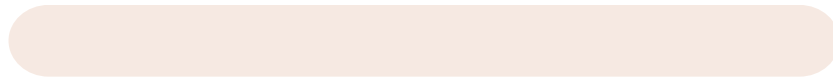
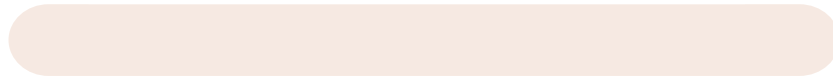
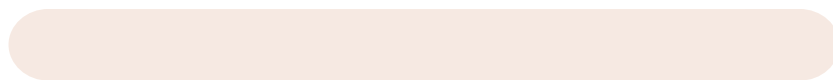
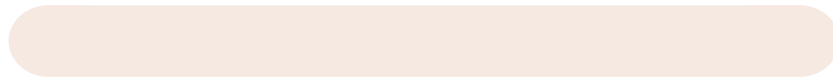
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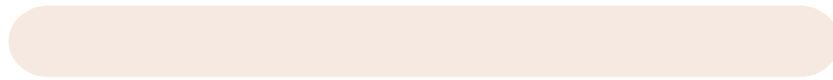
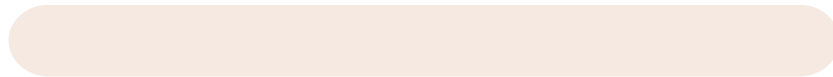
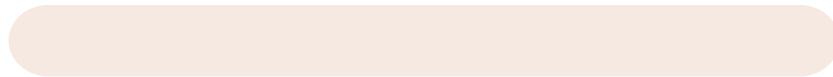
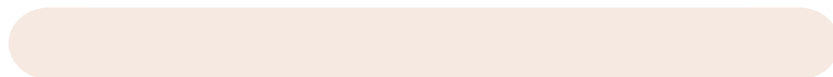
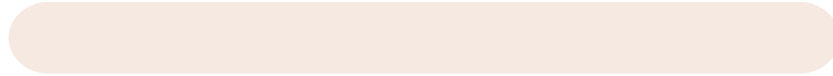
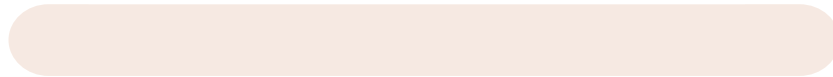
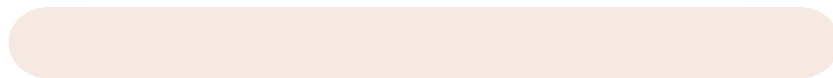
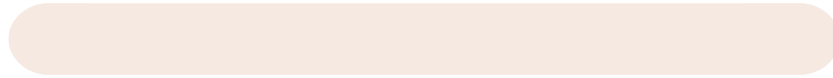
Evening

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DESIGNING MY

DAILY ROUTINE

Night

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Morning:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Afternoon:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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Evening:

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Night:

- ☐ _____
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DAILY ROUTINE

6:00 AM

8:00 AM

10:00 AM

12:00 PM

2:00 PM

4:00 PM

6:00 PM

8:00 PM

10:00 PM

12:00 AM

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DAILY ROUTINE

DESIGNING MY

DAILY ROUTINE

Morning:

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DAILY ROUTINE

Afternoon:

DESIGNING MY

DAILY ROUTINE

Evening:

DESIGNING MY

DAILY ROUTINE

Night:

7,150+ Downloads



Now that you've designed your day...
let's design your budget.

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