

# DAY DESIGNING

BUILD DAYS THAT BUILD YOU.  
INTENTIONAL. ALIGNED. EFFORTLESS.



MORNING

AFTERNOON

EVENING

NIGHT

# 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:

Five horizontal rounded rectangular input fields for morning activities.

Afternoon:

Five horizontal rounded rectangular input fields for afternoon activities.

Evening:

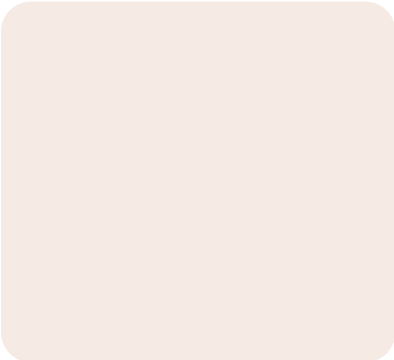
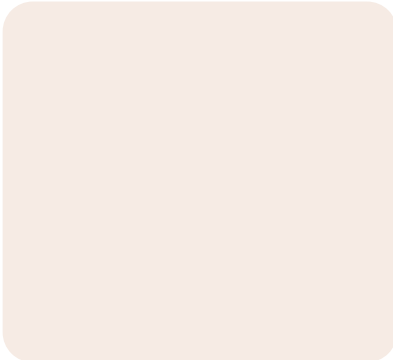
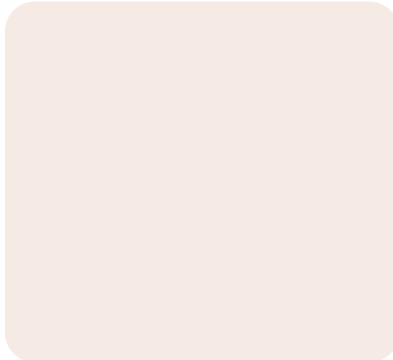
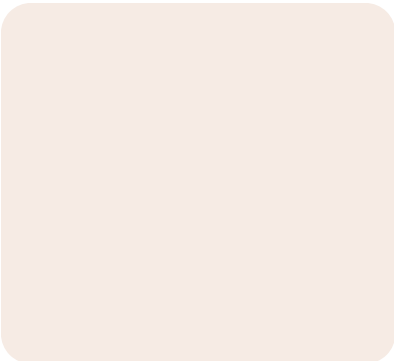
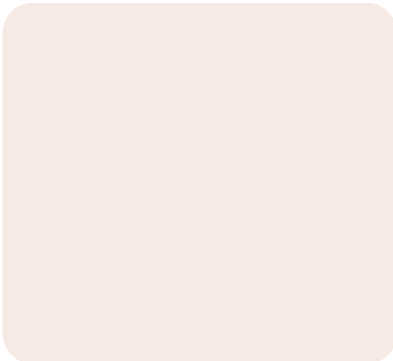
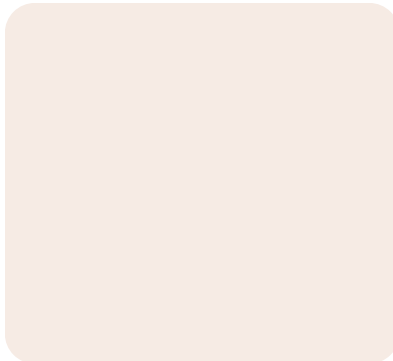
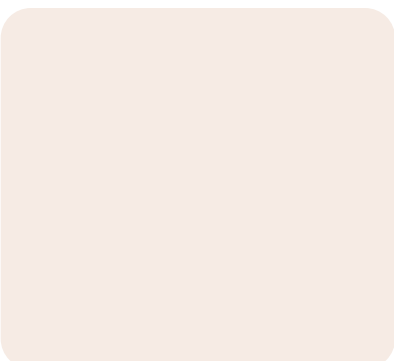
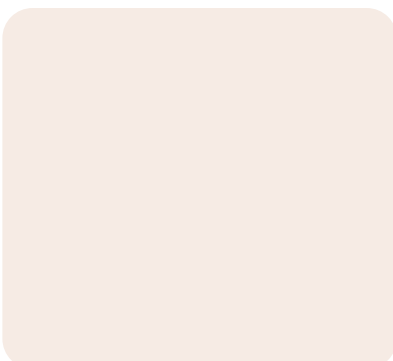
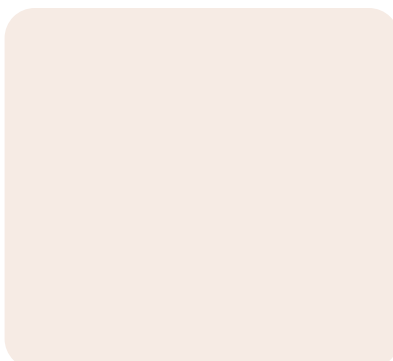
Five horizontal rounded rectangular input fields for evening activities.

Night:

Five horizontal rounded rectangular input fields for night activities.

DESIGNING MY

# DAILY ROUTINE

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# DESIGNING MY

## 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

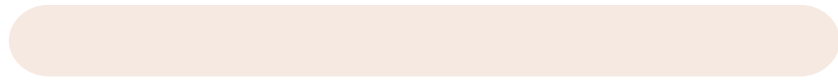
### Kitchen closed @ 8:30pm

- No more food
- No more water
- Bed by lam

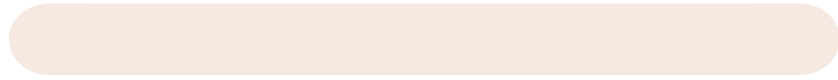
DESIGNING MY

# DAILY ROUTINE

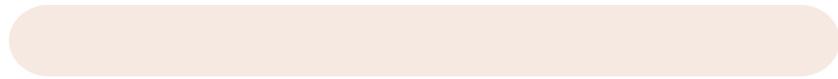
6:00 AM



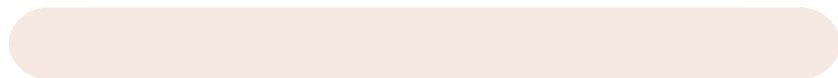
8:00 AM



10:00 AM



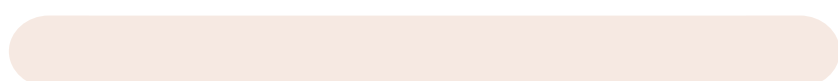
12:00 PM



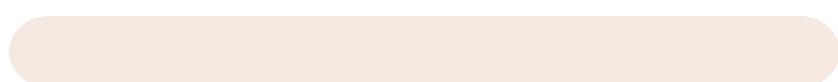
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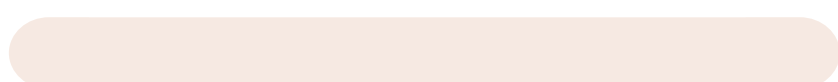
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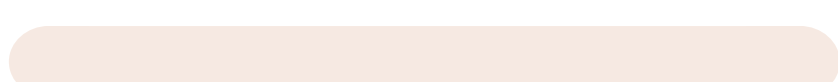
6:00 PM



8:00 PM



10:00 PM



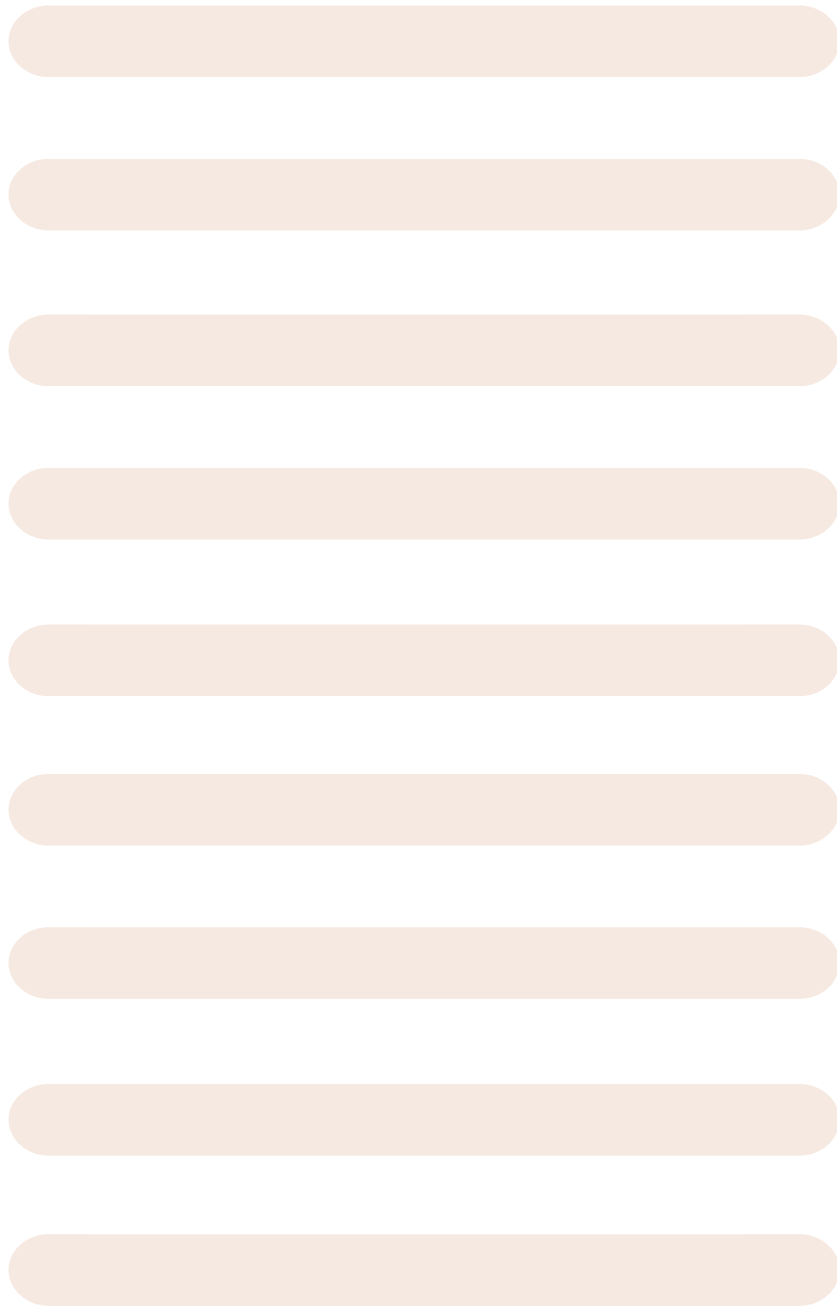
12:00 AM



DESIGNING MY

# DAILY ROUTINE

Morning:

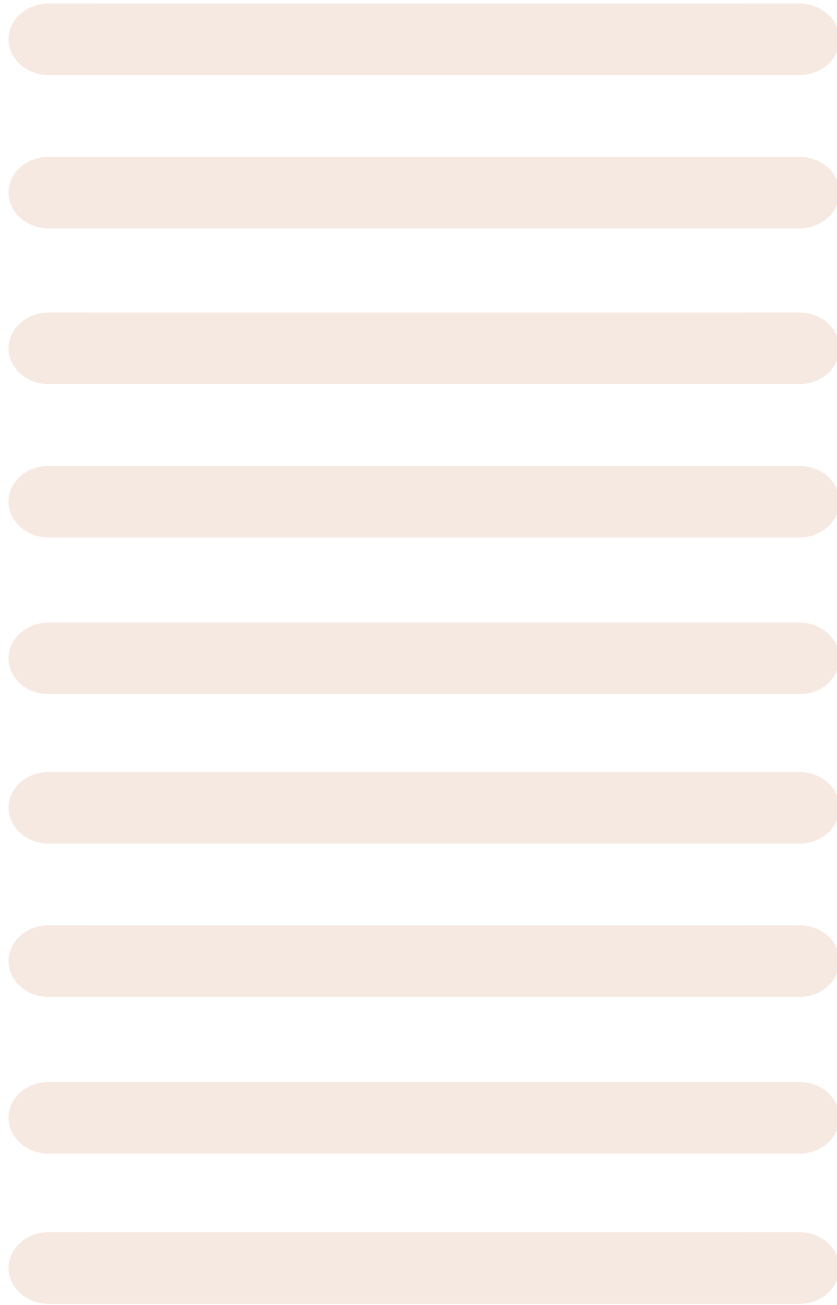


A series of ten horizontal, rounded rectangular bars in a light beige color, stacked vertically. These bars are intended for writing down the steps of a morning routine.

DESIGNING MY

# DAILY ROUTINE

Afternoon:



Ten horizontal rounded rectangular bars, light beige in color, stacked vertically, intended for writing notes or tasks during the afternoon.

DESIGNING MY

# DAILY ROUTINE

Evening

Ten horizontal, rounded rectangular bars in a light beige color, stacked vertically, intended for writing a daily routine.

DESIGNING MY

# DAILY ROUTINE

Night

A series of ten horizontal, rounded rectangular bars, stacked vertically, intended for writing a daily routine. The bars are light beige and have rounded ends.

DESIGNING MY

# DAILY ROUTINE

Morning:

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Afternoon:

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Evening:

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Night:

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DESIGNING MY

# DAILY ROUTINE

6:00 AM

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8:00 AM

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10:00 AM

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12:00 PM

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2:00 PM

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4:00 PM

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6:00 PM

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8:00 PM

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10:00 PM

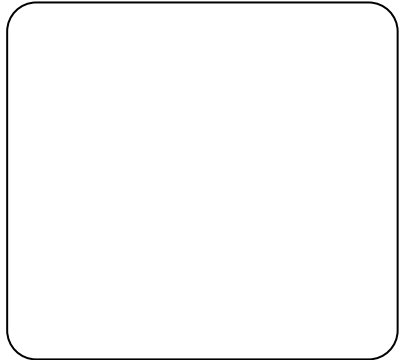
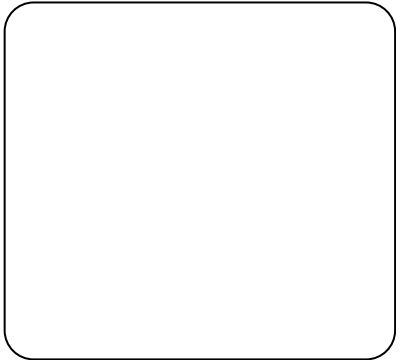
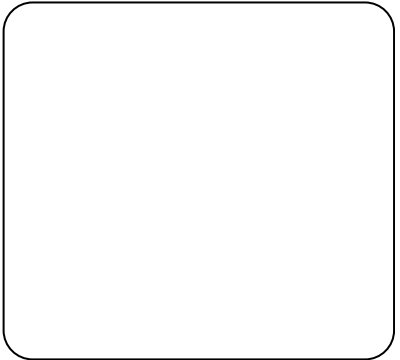
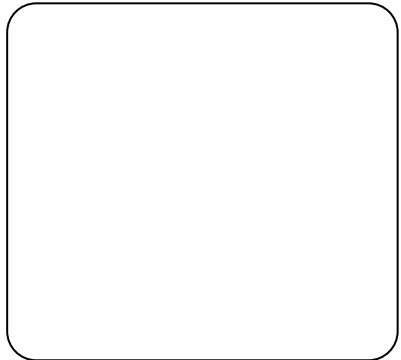
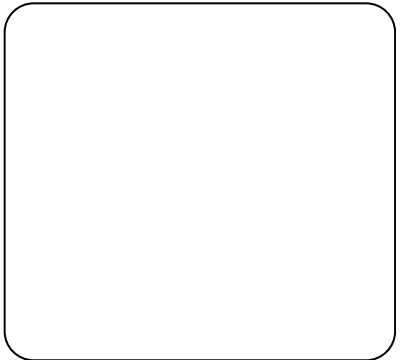
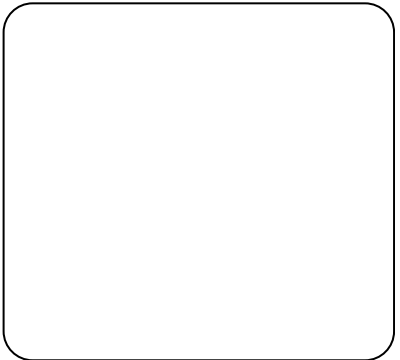

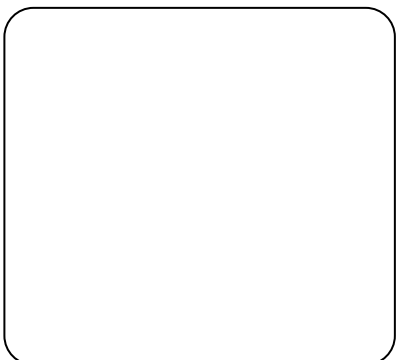
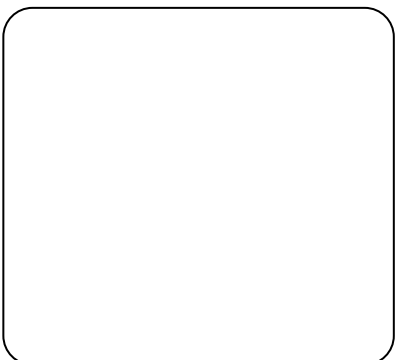
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12:00 AM

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DESIGNING MY

# DAILY ROUTINE

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DESIGNING MY

# DAILY ROUTINE

Afternoon:

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DESIGNING MY

# DAILY ROUTINE

Evening:

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**7,150+ Downloads**



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

**Build My  
Budget System- \$9**

*Limited time offer- Discount applied*