



7-STEP
BOOKENDS
FOR A GOOD
DAY

"YOU'LL NEVER
CHANGE YOUR LIFE
UNTIL YOU CHANGE
WHAT YOU DO
DAILY. THE SECRET
OF YOUR FUTURE IS
FOUND IN YOUR
DAILY ROUTINE."
—JOHN MAXWELL

7 STEP MORNING

1. GET RIGHT UP - NO SNOOZING
2. MAKE BED
3. PUT ON WALKING CLOTHES
4. FEED DOG
5. WALK DOG
6. HAVE TEA/WRITE
7. EAT SPINACH AND EGGS

7 STEP EVENING

1. DRINK BEDTIME TEA
2. TAKE OFF MAKEUP/WASH FACE
3. TAKE 2 ASPIRIN
4. HOT BATH WITH EPSOM SALTS
5. MOISTURIZE FACE AND BODY
6. LAVENDER OIL ON FEET
7. SLEEP ON BACK