



# CREATING YOUR DAILY ROUTINE

How to get what you want out of your days and  
become the person you've always wanted to be!

**Why? What?**

Gratitude increases our positivity, levels, our self esteem, and our confidence. It also increases our happiness and improves our sleep.

- \*Have a Gratitude journal practice
- \*Use I am... affirmations daily
- \*Find lessons in your challenges
- \*Practice mindfulness & meditation

**Why?**

Personal development is a great way to stay proactive. It can bring balance to all your life categories, help you find your purpose, and balance your mental, physical, emotional, and spiritual states.



**What?**

- \*Create a personal development plan that works for you
- \*Read books to perfect your skills
- \*Take online courses or programs
- \*Participate in a yoga retreat



**Why?**

Having an established schedule or agenda raises your sense of accomplishment and minimizes your sense of uncertainty. It also keeps you in control of your time.



**What?**

- \*Use an E-Agenda that follows you on your mobile phone
- \*Create a daily goals list each morning (personal and work)
- \*Review tomorrows schedule before bed each night

**Why? What?**

Exercise is a great way to boost your energy. It lowers the risk of disease, improves your mood, helps you maintain a healthy weight, and fights depression.

- \*Go for a 20 minute walk
- \*Practice your favorite sport
- \*Clean the home or cut the grass
- \*Play with your family and kids
- \*Go to the gym



# Creating Your Daily Routine

In the spaces below, you may add some of my tools from the previous page, stuff you know you should do, or activities that you have researched or already use to keep a positive mindset. The list must be actions that you can and want to take! Each of these lists should and can be revised or modified as time goes on. Let's get started...

**01**

**Tricks and tools that you know can create a better daily mindset for you?**

Routine #1

**02**

**Tricks and tools that you have researched and that are a good fit for you.**

Routine #1

**03**

**Tricks and tools you have used that have worked well for you in the past.**

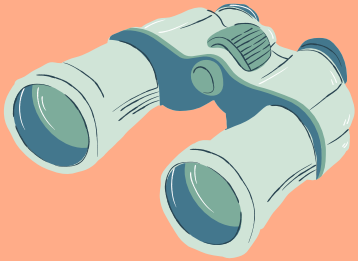
Routine #1

Routine #2

Routine #2

Routine #2

# A VISION FOR YOUR FUTURE



**HEALTH**

**A DAILY ROUTINE CAN ALSO BE USED TO SUPPORT CERTAIN GOALS OR ASPIRATIONS FOR YOUR FUTURE SELF. USE THE SPACES BELOW TO WRITE POSITIVE AFFIRMATIONS ABOUT YOUR DESIRED RESULTS FOR THE THREE LIFE CATEGORIES SUGGESTED ON THE LEFT.**

**I am so happy and grateful now that...**

**WORK LIFE  
BALANCE**

**I am so happy and grateful now that...**

**LEARNING  
AND GROWTH**

**I am so happy and grateful now that...**

# YOUR NEXT STEPS



## TAKE ACTION

Purchase an online course, join a coaching program, or follow a mindset video series.



## DESIGN YOUR GROWTH PLAN

Take the time to contemplate what areas of your life need the most attention.



## CREATE YOUR TMDR TODAY

Use the resources in this guide to create a daily routine that works for you.



## BECOME A FREEDOM FINDER

Take my personal assessment questionnaire at [marc-lepage.com](http://marc-lepage.com)





*Congratulations*

**You are on your way  
to creating the  
future you!**



**MARC-LEPAGE.COM**