What do I want my life to look like?

- **Morning Routine:**
    - wake up
    - set timer for 30 minutes
    - read off gratitude and manifestation paper and look at vision board
    - put on workout clothes and workout @ least 15 minutes
    - stretch/cool down for @ least 5 minutes
    - shower
    - skin care and get ready for the day
    - breakfast
    - lay out top 3 things and get day going
- **Night Routine:**
    - set out outfit for the next day
    - turn on cozy lamp
    - change into pjs
    - skin care
    - stretch and brush teeth
    - turn phone on do not disturb when I get into bed
    - read off gratitude and manifestation paper
    - read a few pages from a book
    - lights out and sweet dreams
- **Habits:**

- Documenting Daily Happiness/Pockets of Peace/and Gratitude:
    - make a page in my notes app and document every day every answering at least one of the following questions:
        - *What made you feel joy today? What made you smile today? What did you see that was beautiful today? What made you feel at peace? Do you have a pic of something that made you feel good?*
    - use the documentation to help with weekly gratitude in weekly reflect
    - at some point, turn daily gratitude into the gratitude journal
- Phone Usage:
    - first 30 minutes of the morning DONT CHECK YOUR PHONE
    - only check phone when I get notification
        - keep on do not disturb during school work → only check during work break
    - AVOID scrolling unless it's Pinterest
    - put it on do not disturb before going to bed
    - have one no phone day a month
- Manifestation:
    - write out positive affirmations (see basicallyreese's video) on a piece of paper to read out each day (at least at night but try in the morning too)
        - front side: gratitude for things you are manifesting, expressing gratitude in the present tense
            - make a manifestation list/vision board
            - 1st sentence=gratitude (dear universe thank you for...)
            - express how you feel, state of being, descriptive, what it looks like, what it is, etc
        - back side: positive affirmations to boost those manifestations and boost your vibration