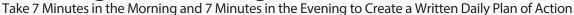
Morning and Evening Routines



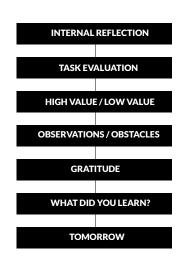


MORNING ROUTINE

EVENING ROUTINE







Time is a finite and limited resource. Taking 7 Minutes in the morning and 7 Minutes in the evening to decide how you will spend the minutes of your day. You will learn how to leverage 1% of your day to think, clarify, plan, prioritize, and choose how you will spend the remaining 99% of your time. Your personal productivity and efficiency will improve as you implement repeatable processes and systems.

The First Process is Learning to Master
The 7 Minute Life Morning and Evening Routines.

© Seven Minute Life, Inc. support@the7minutelife.com