

	SUNDAY	MONDAY
MORNING	7 Step Meditation, affirmations, phone off, make bed	7 Step Meditation, affirmations, phone off, make bed
MORNING	Nature walk	Running session
MORNING		Book writing / research session
AFTERNOON	Hypnotherapy session	
ALL-DAY	Journaling	Journaling
EVENING		Reading
EVENING		Lightworker programme work
BEFORE BED	Visualisation	Visualisation

	TUESDAY	WEDNESDAY
MORNING	7 Step Meditation, affirmations, phone off, make bed	7 Step Meditation, affirmations, phone off, make bed
MORNING	Yoga session	
MORNING	Book writing / research session	Book writing / research session
AFTERNOON		
ALL-DAY	Journaling	Journaling
EVENING	Reading	Reading
EVENING	Lightworker programme work	Lightworker programme work
BEFORE BED	Visualisation	Visualisation

	THURSDAY	FRIDAY
MORNING	7 Step Meditation, affirmations, phone off, make bed	7 Step Meditation, affirmations, phone off, make bed
MORNING	Running session	
MORNING	Book writing / research session	Book writing / research session
AFTERNOON		
ALL-DAY	Journaling	Journaling
EVENING	Reading	Reading
EVENING	Lightworker programme work	Lightworker programme work
BEFORE BED	Visualisation	Visualisation

	SATURDAY
MORNING	7 Step Meditation, affirmations, phone off, make bed
MORNING	Yoga session
MORNING	Book writing / research session
AFTERNOON	
ALL-DAY	Journaling
EVENING	Reading
EVENING	Lightworker programme work
BEFORE BED	Visualisation

## DAILY PLAN EXAMPLE 2



TIMOTHY PHOENIX

