**Evening Writing Routine**

**How was your Day? How Do You feel about it? What are you working on?**

**What are some circumstances you want to change in your personal reality?**

**To Change my self, What choices will I not make that I did yesterday?**

**What new thoughts and feelings do would I like to fire and wire in my brain?**

**What new actions and behaviors would I like to demonstrate and habituate?**

**What State of being do I want to stay in all day? What is the best version of yourself that you can imagine?**

**Describe your self by a vision of the Future you. Mentally rehearse your success and the feeling of it.**

**Relax your mind, focus, and invite your core concerns into your mind**

**What are your core concerns? Explain why they are important to you**

**If your core concerns were resolved, what would the benefits be, how would you feel?**

**What are the the foundational things I should be focusing on to achieve my Goal(s)**

**Every Minute spent in planning saves 10 minutes in execution.**

Plan your day the evening before. Relax, Sit down and write out everything you want to do and the all the things you must do the coming day.

Begin with writing down a list to clarify your thinking. Then set priorities on each task in your list before you start the day. Say you have 10 tasks, then put a priority on the most important task first and complete that task first.

Ask your self.. If I could only do 2 or 3 things on my list. Which ones would I do first if they were the only ones I could possibly do because of travel, because some of them will take all day or other responsibilities.

What is my Intention for Today? What is my Exact Desired Outcome?

SET A GOAL:

1. **Review** the Goal
2. **What** am I working towards?
3. **How** am I going to get there?
4. **Create** a list of things to do in order to achieve the goal
5. **Identify** any obstacles that you will have to overcome
	1. What are some obstacles I’ll face?
	2. What am I willing to do in face of the obstacle?
	3. How will I practice the solution in face of the obstacle.
6. **Identify** the knowledge, skills, and information you require
7. **Identify** the people whose assistance, cooperation & expertise you require

**How many pieces of the plan/objective can I remove and still achieve the same essence?**

**Which one of these tasks, if accomplished would make everything else easier or irrelevant?**

**Which of these tasks, if checked off, would leave me satisfied with my day?**

**Which of these tasks, if done, creates more time for me next week.**

The More comprehensive your list and goal structure is, the more motivated you will be! The more intense the desire, the more possible you will achieve the goal.

Turn your goals into actions organized by priority and sequence.

Close Your Eyes. Relax, Contemplate, Meditate, Concentrate and Objectives/Goals and invite the Source Creator to assist you or resolve your concerns. Know that the Source creator will order all things in the best manner for you.

*Sequence is what you have to do before you do something else & in what order.*