



Morning tasks	Time it takes	Arrival Time
Coffee & let the dogs out	15	Wake up start the day 7:30 a.m.
Wake up kids	15	
Get Dressed for the Day	15	
Breakfast for all	15	
Finish getting all ready	15	
Drive to work	15	9:00 A.M.
For the sake of example, I made everything 15 minutes. Total time:	=1.5 hours	

ADDITIONAL INFORMATION

This is just the basics. It doesn't leave you any time for a daily devotion, exercise, meditation. These need to be added for you and your personal wellbeing. I have provided a work sheet.

