

**4-WEEK
MORNING & NIGHT
ROUTINE
CHALLENGE!**

GOLDnFOUND



Night Routine



"Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can.

Tomorrow is a new day"

-Ralph Emerson

Message from Victoria GOLD

I know you have seen so much hype about morning routines but a night routine is JUST if not a bit MORE important. Any thoughts you have at night affect how you wake up, it's intense! This is why Emerson asks us in that quote to let go once you are done with your day. It's crucial to wind-down, your mind literally has to wind down from serving the world all day at work, with loved ones and even electronics. You must re-collect all that energy back and control it to one you want to wake up to. How you end your night is how you start it.

Love, Victoria GOLD

GOLDNFOUND



Morning routine

"If you win the morning, you win the day!"
-Tim Ferris

Message from Victoria GOLD

I have been an advocate on morning routines ever since I decided to experiment with them 4-5 years ago. The first time I was inspired to create one was when I became aware of the pattern of waking up with no energy, unmotivated and sometimes with anxiety. I wondered, "why?" After many attempts, I noticed crucial must-dos that I have included in your "morning standards". Allow this journey to help you navigate through your morning and inspire you to create a routine tailored for your unique-self.

Love, Victoria GOLD

GOLDNFOUND

WEEK 1

TRACKER

MORNING STANDARDS

1. **NO PHONE** for the first hour of the Day (no TV)
2. Serve yourself (skincare, shower, breakfast etc)
3. Exercise (stretch, walk, run etc.)

NIGHT STANDARDS

1. **NO PHONE** for the last hour of the Day (no TV)
2. Serve yourself (skincare, beverage, stretch etc.)
3. Read (feel good book, self-development etc.)

BOUNDARIES:

**MORNING
ROUTINE**

**NIGHT
ROUTINE**

Monday

**MORNING
ROUTINE**

**NIGHT
ROUTINE**

Tuesday

MORNING ROUTINE

NIGHT ROUTINE

Wednesday

MORNING ROUTINE

NIGHT ROUTINE

Thursday

MORNING ROUTINE

NIGHT ROUTINE

Friday



FIRST WEEK DONE!

WEEK 2



TRACKER



**MORNING
ROUTINE**

**NIGHT
ROUTINE**

Monday

**MORNING
ROUTINE**

**NIGHT
ROUTINE**

Tuesday

**MORNING
ROUTINE**

**NIGHT
ROUTINE**

WEDNESDAY

MORNING ROUTINE

NIGHT ROUTINE

Thursday

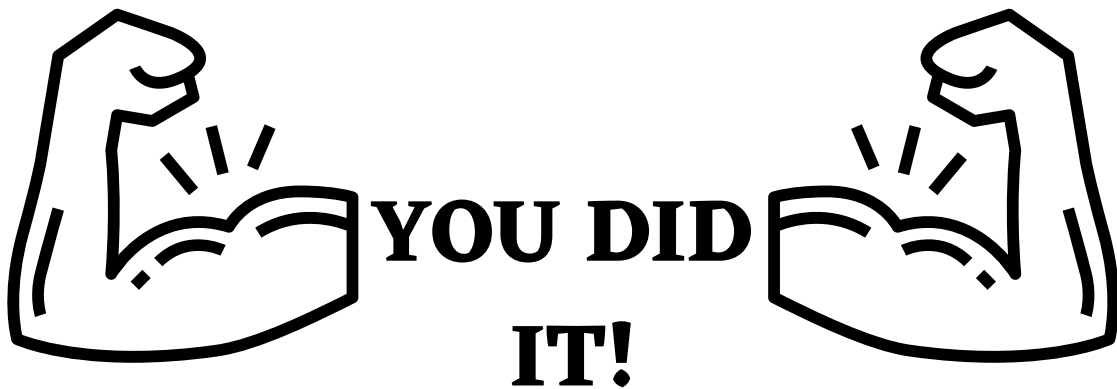
MORNING ROUTINE

NIGHT ROUTINE

Friday

REFLECTION:

What have you observed?



SECOND WEEK DONE!

WEEK 3



TRACKER



**MORNING
ROUTINE**

**NIGHT
ROUTINE**

Monday

**MORNING
ROUTINE**

**NIGHT
ROUTINE**

Tuesday

**MORNING
ROUTINE**

**NIGHT
ROUTINE**

WEDNESDAY

MORNING ROUTINE

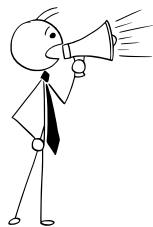
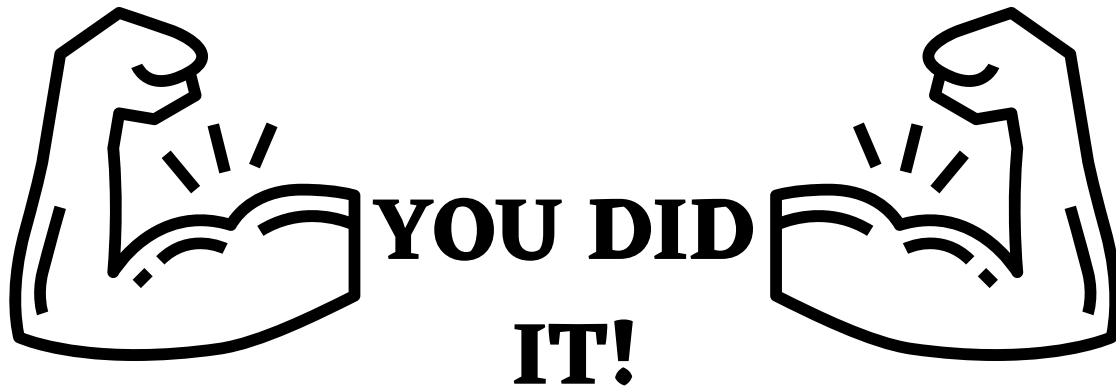
NIGHT ROUTINE

Thursday

MORNING ROUTINE

NIGHT ROUTINE

Friday



THIRD WEEK DONE!

WEEK 4



TRACKER



**MORNING
ROUTINE**

**NIGHT
ROUTINE**

Monday

**MORNING
ROUTINE**

**NIGHT
ROUTINE**

Tuesday

**MORNING
ROUTINE**

**NIGHT
ROUTINE**

WEDNESDAY

MORNING ROUTINE

NIGHT ROUTINE

Thursday

MORNING ROUTINE

NIGHT ROUTINE

Friday

REFLECTION:

What have you observed?



FOURTH WEEK DONE!