



Summer Sanity Schedule

Realistic Daily Blocks to Stay Grounded & Present



MORNING BOOKEND

M T W T F S S

Wake up & hydrate	●	●	●	●	●	●	●
Grounding practice (e.g., Bible reading, breathwork, journaling)	●	●	●	●	●	●	●
Move your body (walk, dance, light stretch)	●	●	●	●	●	●	●
Nourish with a mindful breakfast	●	●	●	●	●	●	●

CORE PRIORITIES BLOCK

M T W T F S S

Priority 1:	●	●	●	●	●	●	●
Priority 2:	●	●	●	●	●	●	●
Priority 3:	●	●	●	●	●	●	●

MIDDAY RESET

M T W T F S S

Eat a nourishing lunch	●	●	●	●	●	●	●
Take a 10-minute rest or step outside	●	●	●	●	●	●	●

FLEXIBLE BLOCK

M T W T F S S

Lighter work / creative tasks	●	●	●	●	●	●	●
Time with kids / nature / low-pressure activity	●	●	●	●	●	●	●

EVENING BOOKEND

M T W T F S S

Family dinner	●	●	●	●	●	●	●
Disconnect from screens	●	●	●	●	●	●	●
Evening wind-down (journaling, prayer, reading)	●	●	●	●	●	●	●
Lights out for rest & renewal	●	●	●	●	●	●	●