

CMG DAILY SCHEDULE

- 5:30 AM First words w/God – prayer, meditation & journaling
6:00 AM Morning jog (30 minutes)
6:30 AM Shower, pulling coconut oil, drink hot water w/lemon, & black seed oil
7:00 AM Dress, hair, coffee & Joel Osteen
7:45 AM Head to bus

***Walk in LOVE, BE present, spirit first,
and always SMILE ☺ #RTR***

- 5:30 PM Depart from work & end of day walk (30 minutes)
6:00 PM Travel home
6:45 PM Gym prep
7:00 PM Pilates, yoga, or weight training (Mon. – Wed.)
7:00 PM Creative time, reading, networking, & meetings (Thurs. & Fri.)
8:00 PM Do ME ☺
9:00 PM Begin to wind down.
9:30 PM Turn off phone & take it down
10:00 PM Last words w/God & in the bed

Sweet Dreams...

[Type text]