CONQUER TODAY EQUIPMENT

SUSTAIN

DAILY ROUTINE TEMPLATES FROM THE BEST AND THE BRIGHTEST

KAIZEN ROUTINES

Struggling to think of some good routines and habits? Here are some Conquer Today templates along with processes from infamous men and women across history.

THE MORNING SAMURAI

6:00AM - Wake

6:15AM - Physical Training

7:15AM - Reading & Journaling

8:00AM - Work

5:30PM - Practicing a Craft

7:00PM - Fun & Relaxation

9:00PM - Meditation

11:00PM - Sleep

THE JUGGERNAUT

7:00AM - Wake

8:00AM - Creative Work

12:00PM - Physical Training

1:00PM - Miscellaneous Work

5:30PM - Networking & Events

8:30PM - Learning & Creating

11PM - Sleep

KAIZEN ROUTINES

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THE GROWING WARRIOR

6:00AM - Wake

6:30AM - Flexibility & Cardio Training

8:00AM - Work

5:30PM - Strength Training

6:30PM - Fun & Relaxation

9:00PM - Meditation & Reading

11:00PM - Sleep

THE GATLING GUN

6:30AM - Wake

6:45AM - Intensive Bodyweight Exercise

7:00AM - Meditation or Reading

7:15AM - Journaling & Game Planning

8:00AM - Difficult Work

11:00AM - Miscellaneous Work

5:30PM - Rest & Relaxation

11:00PM - Sleep

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THE SEEKING MYSTIC

7:00AM - Wake

7:15AM - Spiritual Reading & Journaling

8:00AM - Work

12:15PM - Skillset Reading

1:00PM - Work

5:30PM - Physical Training

6:30PM - Documentary or TED Talk

7:30PM - Fun & Relaxation

11:00PM - Sleep

THE BENJAMIN FRANKLIN

5:00AM - Wake

6:00AM - Daily Resolutions & Planning

8:00AM - Work

12:00PM - Life Administration Tasks

2:00PM - Work

6:00PM - Music, Organizing, & Socializing

5:30PM - Rest & Relaxation

11:00PM - Sleep

KAIZEN ROUTINES

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THE MOZART

6:00AM - Wake

7:00AM - Composing

9:00AM - Teaching Music

1:00PM - Lunch & Socializing

5:00PM - Composing & Concerts

9:00PM - Socializing

11:00PM - Composing

1:00AM - Sleep

THE FRANZ KAFKA

8:30AM - Wake

9:00AM - Work

2:30PM - Lunch

3:00PM - Sleep

7:30PM - Exercises & Walking

9:00PM - Dinner with Family

11:00PM - Writing

6:00AM - Sleep

KAIZEN ROUTINES

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THE OBAMA

6:30AM - Wake

6:45AM - Cardio & Strength Training

8:00AM - Reading Papers & Breakfast with Family

9:00AM - Work

5:00PM - Dinner with Family

6:00PM - Work

11:00PM - Sleep

THE MAYA ANGELOU

5:30AM - Wake

6:00AM - Coffee with Husband

7:00AM - Writing in Anonymous Hotel Room

3:00PM - Relaxing & Dinner with Partner

7:30PM - Re-Reading Work

8:30PM - Quality Time with Family

10:00PM - Sleep