

LIVE YOUR PURPOSE ROUTINE DURATION RECOMMENDATIONS

Health Habit	Baby	<15 mins	<30 mins	<1 hr	<2 hr	<3 hr
Goals & Values	30 s	5	10	15	30	45
Planning & Productivity	10 s	2	5	10	20	30
Behavioral Design	10 s	2	5	10	20	20
Gratitude	10 s	1	1	5	10	15
Connection	10 s	3	5	10	20	30
Mindfulness	0	1	2	5	10	20
Learning	10 s	1	2	5	10	15
Total Time	1:20	15	30	60	120	175