



Manifest your Business: Meet Traci Hill of [Conscious Evolution](#)

A Daily Breakdown of Traci's Schedule to Manage her Life/Business

Monday

6am - Tuesday 6am - Firehouse (I will get social media posts done if I can)

Tuesday

6am-7am exercise

7am-9am shower, meditate, laundry, prepare for working

9am-1pm work on any business-related items such as website integrations, classes I am putting together or responding to emails

1pm-2pm - lunch

2pm-3pm - create content

3pm-5pm - family time

5pm-6:30pm - dinner

6:30-8pm - school and catching up with messages or leads

8pm-9pm - play instruments or read

Wednesday (similar to Tuesday)

Thurs 6am - Friday 6am - Firehouse

Friday

6am - 7am exercise

7am - 9am shower, meditate, breakfast

9am - 10am meetings

10am - chores

11am - work on business for 1-2 hours

1pm - lunch

2pm - chores

3pm - relax/read

4pm - work on business

5pm - prepare dinner

6:30pm- hang out with the family

9pm - bed

Saturday

6am - meditate, coffee, read, ground outside, catch up with husband

9am - clients and work

1pm - play time

Sunday 6am - Monday 6am - Firehouse