MAXIMIZE YOUR ENERGY:

A Realtor's Daily Flow Guide

7–9 AM

- HYDRATE + LIGHT MOVEMENT (STRETCH OR WALK)
- SET YOUR TOP 3 PRIORITIES
- FUEL WITH A PROTEIN-RICH BREAKFAST
- AVOID JUMPING STRAIGHT INTO EMAILS

9–12 PM

- TACKLE DEEP WORK OR HIGH-FOCUS TASKS
- SCHEDULE SHOWINGS OR LEAD FOLLOW-UPS
- QUICK 5-MINUTE RESET: STAND, BREATHE, HYDRATE

12–2 PM

- EAT A BALANCED LUNCH (PROTEIN + FIBER + HEALTHY FATS)
- STEP OUTSIDE OR UNPLUG FOR 10 MINUTES
- PREP FOR AFTERNOON SHOWINGS OR CALLS

2–6 PM

- CLIENT MEETINGS, TOURS, FINAL TOUCHES
- KEEP A SNACK ON HAND TO SUSTAIN ENERGY
- VOICE MEMO OR JOT DOWN ANY QUICK FOLLOW-UPS

6–9 PM

- SHOWINGS, OFFERS, AND CLIENT CONVOS
- POST-SHOWING WIND-DOWN: LIGHT DINNER OR PROTEIN SNACK
- 10-MIN DECOMPRESS BEFORE BED (JOURNAL, STRETCH, READ)

9–10 PM

- BRAIN DUMP FOR TOMORROW
- SCREENS OFF 30 MINS BEFORE BED
- PRIORITIZE SLEEP TO RECHARGE YOUR EDGE

REMINDER: EVERY REAL ESTATE AGENT'S DAY LOOKS DIFFERENT, AND THAT'S OKAY. YOUR ENERGY PEAKS, FAMILY COMMITMENTS, AND CLIENT DEMANDS WON'T ALWAYS FIT INTO A PERFECT SCHEDULE. THIS GUIDE IS JUST A STARTING POINT TO HELP YOU FIND YOUR FLOW AND STRUCTURE YOUR DAY IN A WAY THAT SUPPORTS YOUR ENERGY, NOT DRAINS IT.

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