













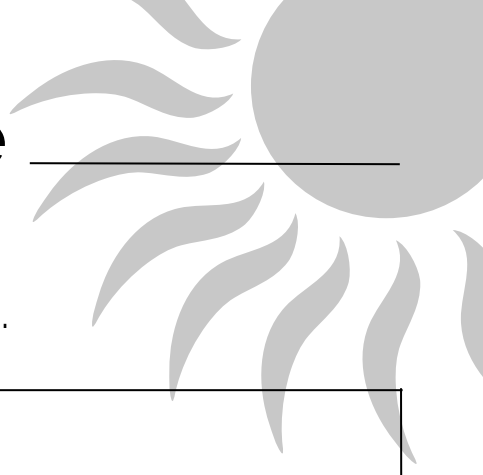


Your morning routine should be simple, attainable, and enjoyable. How you spend the morning will influence the rest of your day. Here are a few ideas to get you organized...

-  Set your timer for at least 30 minutes before the rest of your family wakes up.
-  When your alarm goes off, it's time to get up. Do NOT hit snooze, (you'll thank yourself later on).
-  Right after you wake and rise, take a few drinks of water before jumping out of bed.
-  Let your phone sit exactly where you left it the night before, for at least 30 minutes.
-  Make your bed, (or at least your side if you're the first one up).
-  Make your coffee, or tea, or warm drink.
-  Sit quietly, in a comfy space designated to enjoy your drink and take time to write on your daily journal sheet.
-  Set your intention for the day.
-  Enjoy the sunrise.
-  Meditate/breathe for 5-10 minutes, (on your own or with an app like Insight Timer).
-  Roll out your yoga mat and stretch gently (move between child's pose, easy cobra and a few cat/cows), or do 4 Sun Salutations.
-  Eat a nourishing breakfast.
-  Take your supplements.
-  Add your favourite blend of essential oils to your diffuser, (set on intermittent).

Good Morning Beautiful!

Date _____



Gratitude. "A grateful heart is a magnet for miracles".

| |
|----|
| 1. |
| 2. |
| 3. |

How can I make today a good day?

Non-negotiable tasks today:

| H O M E | W O R K |
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Morning Journal Prompt ideas

1 What makes you feel super confident?

2 Recall a memory where you felt the happiest

3 What goals would you like to achieve during this 21 day morning challenge?

4 What sets your heart on fire, and why do you love yourself for that?

5 Write down 3 positive ways you've changed the past 7/8 months.

6 If your closest friends were to write down your best personality traits, what would they be?

7 What do you feel like you need the most right now and how can you meet that need?

