

# Create Your Perfect Morning Routine

## Workbook

How much time do I want to spend on my routine?

I will wake up at \_\_\_\_\_ during the week and at \_\_\_\_\_ during the weekend.

I want to focus on these things for my morning routine:

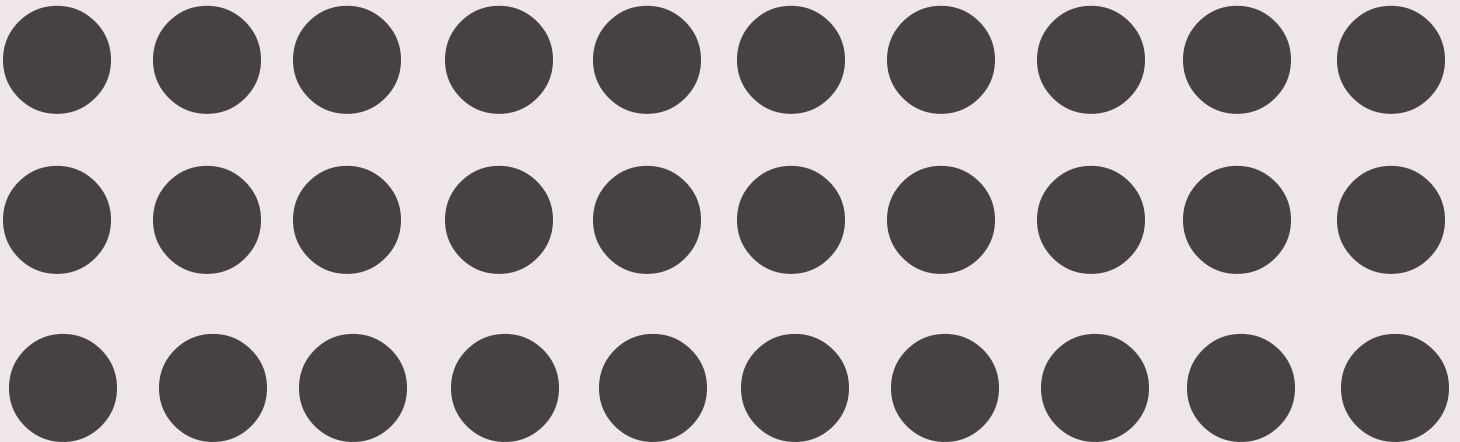
My #1 everyday priority is:

In the morning I want to feel:

- Relaxed
- Excited
- Happy
- Calm
- Refreshed
- Focused
- Motivated
- Positive
- Productive
- Energized
- \_\_\_\_\_
- \_\_\_\_\_

Here's what I will do to feel this way:

My 30 day morning routine challenge



# My Perfect Morning Routine

#1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

#4 \_\_\_\_\_

#5 \_\_\_\_\_

#6 \_\_\_\_\_

#7 \_\_\_\_\_

#8 \_\_\_\_\_

#9 \_\_\_\_\_

#10 \_\_\_\_\_

#11 \_\_\_\_\_

#12 \_\_\_\_\_