

WIN YOUR MORNING

An intentional morning ritual will set you up for a day of success. Think about what kind of morning would prepare you for your best day. What does it look like? Follow this five-step process to create an effective morning routine that works for you.

First, evaluate your current practice. Look back over the last week and write a list of what you do in the first hour of your day in the order that you do it.

1. _____

2. _____

3. _____

4. _____

5. _____

Do your current activities set you up for a day of success? If not, what needs to change, and what type of activities do you want to include?

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Now, write down a new routine. Make a new routine that will prepare you for your most productive day. Include the things that will motivate and inspire you.

1. _____
2. _____
3. _____
4. _____
5. _____

Now it is time to put your new morning success ritual into action. Make a plan to start right away. Commit to your new ritual every day for the next 30 days and watch how it makes a difference in your life.