

# Morning Routine

Date : \_\_\_\_\_

## Magnify Your Gratitude

List 5 things you're grateful for.

*TIP: Write them one at a time, and stop to FEEL how grateful you are for each.*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Connect with Your Dream

Write your daily dream statement, one goal, and who you will be today

*TIP: Write your dream statement in the present tense, as if it is already yours!*

***I am so happy and grateful now that...*** \_\_\_\_\_

\_\_\_\_\_

***ONE Goal in support of my dream is:*** \_\_\_\_\_

\_\_\_\_\_

***Decide who you will BE today in alignment with your dream and goal.***

Today, I am: \_\_\_\_\_

Today, I am: \_\_\_\_\_

Today, I am: \_\_\_\_\_

## Aligned Action List

Choose 1-3 meaningful tasks you can accomplish today in support of your goal and dream. *TIP: Choose tasks that are most likely to generate the result you want to experience at the end of the day*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_