



Sweet MORNINGS

7 REMARKABLE BENEFITS TO ADDING A MORNING ROUTINE

01

FILL YOUR ENERGY TANK!

You focus on yourself & prepare yourself for the rest of the day. How you start will influence the rest of the day.

02

INCREASE YOUR PRODUCTIVITY & FOCUS

By preparing, identifying priorities, reflecting, and affirming, you will own your day rather than react to it. You will get a lot more done because you're focused.

03

REDUCE STRESS

Stress often happens when you feel you have too much to do and not enough time to meet your responsibilities. A routine will help prioritize and set a plan.

04

IMPROVE YOUR HEALTH & FEEL GOOD

Exercise in the morning will get your blood pumping, and your brain will release more endorphins, which are feel-good hormones. When you begin the day with a workout, you also tend to eat better the rest of the day.

05

IMPROVE RELATIONSHIPS

By taking care of yourself, you can be there for others. Thinking about what and who you're grateful for each morning will create awareness for all you have.

06

INCREASE YOUR CONFIDENCE

Making "I AM" statements will reinforce your belief in yourself!

07

DEVELOP HEALTHY HABITS

We become what we do daily. Avoiding bad habits, like staying in bed and checking your emails, is much easier when you have a routine.

"WE FIRST MAKE OUR

Habits,

THEN OUR HABITS MAKE US!"

-John Dryden



Sweet MORNINGS

DATE:



TOP PRIORITIES - I WILL:

SWEET SEVEN: (MIN of TWO)

Silence

Sit in Silence, meditate, reflect, deep breathing, listen to nature, or pray. Begin your day with peace and calm.

Affirmations

Affirm your goals and what you're grateful for. Make "I am..." statements, restate your goals and why you deserve them. Repetition leads to belief.

Visualization

After your affirmations, visualize the tasks that will get you there—a mental walkthrough of your day. Imagine what success will feel like.

Exercise

Wake your mind & body. Get your blood and oxygen flowing for mental clarity & energy. 10-60-minutes, make your bed, walk, run, do yoga, or stretch.

Read

Something inspirational, something juicy, affirmations, poems - not emails! A page or a chapter.

Journal

Reflect, and scribe your insights, ideas, successes, breakthroughs, and lessons learned. Use prompts, or dream journal!

Fuel

Fuel yourself with brain regenerating nutrition. Berries are one of the best! It will also reduce binge eating later in the afternoon.

I'M GRATEFUL FOR:

Orange rectangular box for gratitude notes.

ON MY MIND...

Orange rectangular box for thoughts.

BREAKFAST:

Orange rectangular box for breakfast notes.

WATER:



MOOD:



"I AM..." STATEMENTS:

