



MORNING ROUTINE

30-day challenge

WEEK 3 FOCUS: BUILDING YOUR IDEAL ROUTINE

This week your focus is on starting to build a morning routine that makes you feel good, fuels your day, and will help you reach your goals. These are practices that I think of as "Morning Medicine". These are just 1-2 exceptionally important things that make all the difference in how we feel.

Day 15

Ask yourself: If I can only accomplish one thing in the morning, what would that be? Some ideas:

- exercise (go for walk/run, do workout video, go to gym)
- journal
- read
- pray
- meditate

Make a plan to do this activity tomorrow morning. Make sure you set your alarm at a time that allows you enough time to do 15-30 minutes of this practice.

Day 16

Today, after your wake up routine (brush teeth, drink water, get dressed) you will practice your "morning medicine". Pay attention to how you feel when you're done.

Days
17-21

Continue to do all the practices you've started. Resist the urge to add too much to your morning routine. Work on building real habits.

HOW DID YOU DO THIS WEEK?