

Your Morning Road Map

1. How do you currently feel when you wake up in the morning?
2. What do you do at night before you go to bed that may contribute to how you feel in the morning?
3. What does your current morning routine look like?
4. What does your current morning routine feel like? How do you feel an hour after you've woken up?
5. How do you want to feel?
6. What do you already know you want to do differently in your morning routine that ensures you are including your BODY, MIND + SOUL?
7. What may be holding you back from making these changes?
8. What does your ideal morning ritual look like? (Include the time / schedule)
9. What changes are you ready to commit to making?
10. What do you need to help you make the changes? Time to create a new routine? New alarm clock? Accountability?