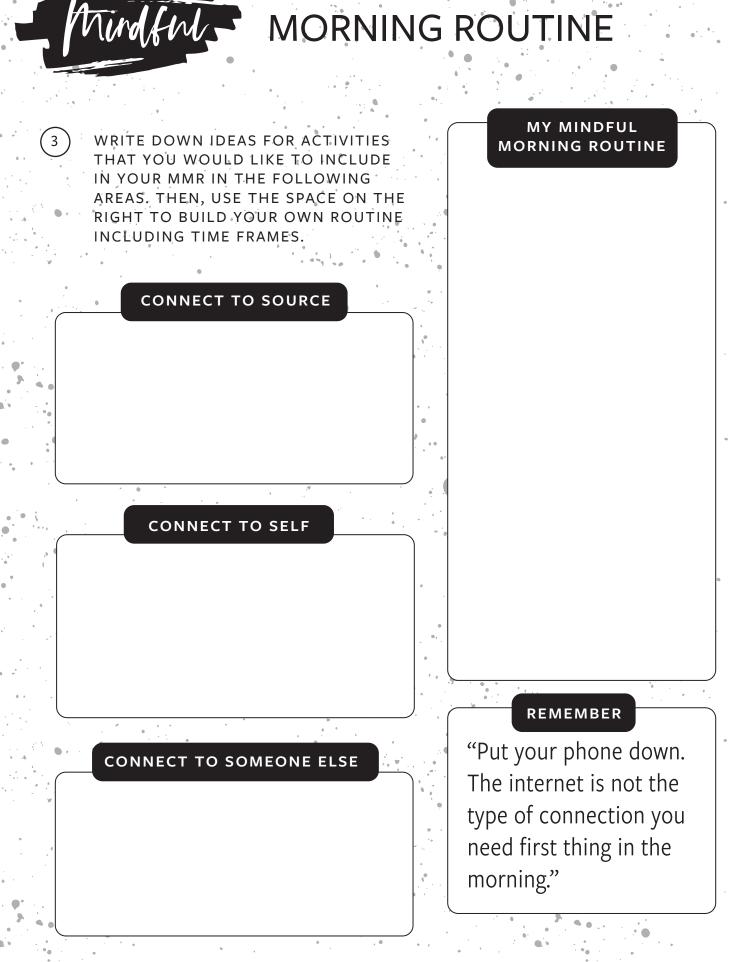
Mindful MORNING ROUTINE WHAT PREVENTS YOU FROM HAVING AND MAINTAINING A 1 CONSISTENT MINDFUL MORNING ROUTINE? CONSIDER AND WRITE DOWN SOME SIMPLE SOLUTIONS TO THE • • OBSTACLES THAT YOU LISTED ABOVE. HOW CAN YOU USE YOUR CURRENT WISDOM AND RESOURCES TO MITIGATE THESE PROBLEMS. solution obstacle "The way you start your day is the way you live your life." -Miranda Anderson LIVE FREE CREATIVE PODCAST ▶ BONUS 1



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