



# MORNING ROUTINE

1 WHAT PREVENTS YOU FROM HAVING AND MAINTAINING A CONSISTENT MINDFUL MORNING ROUTINE?

2 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.

<i>obstacle</i>	<i>solution</i>

*"The way you start your day is the way you live your life."*

*-Miranda Anderson*



# MORNING ROUTINE

3 WRITE DOWN IDEAS FOR ACTIVITIES THAT YOU WOULD LIKE TO INCLUDE IN YOUR MMR IN THE FOLLOWING AREAS. THEN, USE THE SPACE ON THE RIGHT TO BUILD YOUR OWN ROUTINE INCLUDING TIME FRAMES.

## CONNECT TO SOURCE

## CONNECT TO SELF

## CONNECT TO SOMEONE ELSE

## MY MINDFUL MORNING ROUTINE

## REMEMBER

“Put your phone down. The internet is not the type of connection you need first thing in the morning.”