

THE TRANSFORMATIONAL MORNING ROUTINE CHECKLIST

*"GIVE EVERYDAY THE CHANCE TO BECOME
THE MOST BEAUTIFUL DAY OF YOUR LIFE." - MARK TWAIN*

MY BIGGEST GOAL IS:

STEP 1: STILLNESS

5 QUESTIONS TO YOUR HIGHEST SELF:

- 1. WHAT 3 THINGS AM I GRATEFUL FOR RIGHT NOW?**
- 2. HOW DOES MY HIGHEST/BEST SELF FEEL LIKE?**
- 3. WHAT ARE MY LONG TERM GOALS?**
- 4. WHAT DO I NEED TO ACHIEVE IN THE SHORT TERM?**
- 5. WHAT ARE MY INTENTIONS FOR TODAY?**

STEP 2: SELF-APPRECIATION

WHAT AM I GRATEFUL FOR OR LOVE ABOUT MYSELF?

STEP 3: SET THE OUTCOME

WHAT ARE MY TOP 3 OUTCOMES / PRIORITIES FOR TODAY?