

MY MORNING POWER PLANNER

Personal Goals:

✓
ACHIEVED

1.....

2.....

3.....

Business Goals:

✓
ACHIEVED

1.....

2.....

3.....

One thing I am grateful for and why:

Affirmation:

SAY OUT LOUD 3 TIMES

Morning Checklist:

Meditation Drink Water Exercise Healthy Breakfast

Remember to stay off your devices for as long as possible, instead read something inspirational!

I am... unique, loved, needed, precious, amazing. I am ME!