

# Intentional Morning

## ROUTINE

1. SET YOUR INTENTION: \_\_\_\_\_

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2. WHAT ACTIVITIES, HABITS AND EXERCISES BRING YOU CLOSER TO THAT INTENTION? [MORE OF THESE]

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3. WHAT CHOICES, HABITS AND DISTRACTIONS DRIVE YOU FURTHER FROM YOUR INTENTION? [LESS OF THESE]

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4. WHAT IS ONE NON-NEGOTIABLE YOU CAN COMMIT TO DOING EVERY MORNING?

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5. WHAT ARE 3 OTHER ACTIVITIES/THINGS YOU WOULD LOVE TO MAKE A PART OF YOUR MORNING ROUTINE?

1. 

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2. 

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3. 

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CUT ALONG THE DOTTED LINE / WRITE DOWN YOUR INTENTION / POST IT SOMEWHERE THAT YOU WILL SEE IT OFTEN

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*My Intention:*