

The 4-Step Synergy Sunrise Routine
Wakeup Morning Focus



NAME: _____

DATE: _____

1

GROUND

Calibrate



30

2

AFFIRM



Capacitate

Read
Out Loud

Today and each day,
I hold the power to decide.

I possess the authority to
determine my responses to
the encounters in my life.

I am the expert of my own
experiences.

I get to decide!

30

3

REFLECT

Consider

?

Option: Signup for Reflection Prompts
sent by text, mornings Mon-Fri

30

4

NOTE

Communicate



Write down a thought about the reflection - up to 2 sentences:

30

