

A Morning Ritual Guide



5:30 AM

Start Your Morning Right

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MORNING CHECK IN

Wake-up Time:

Bed Time:

Date:

I WOKE UP FEELING



Write or Draw about Last Night's Dream

Today's Affirmation

1. _____

2. _____

3. _____

VISION TO ACTION

GOAL 1 :

One thing I can do toward the goal today

GOAL 2 :

One thing I can do toward the goal today

GOAL 3 :

One thing I can do toward the goal today
