

# Morning Routines

♥ DATE

♥ WHERE IN MY DAY I CAN MAKE SPACE FOR A NEW ROUTINE?

♥ WHAT'S THE BEST ROUTINE FOR ME RIGHT NOW?

# *Morning Routines*

♥ **WHAT IS MY END GOAL? HOW IS THIS ROUTINE GOING TO HELP ME?**

♥ **WHAT ACTION CAN I TAKE TODAY TO MAKE THIS HAPPEN? (WATCH AT LEAST ONE VIDEO IN THE RESOURCES SECTION)**

# *Morning Routines*

## **RESOURCES**

**THE WIM HOFF METHOD**

**WIM HOFF BREATHING TECHNIQUE**

**TONY ROBBINS 10 MINUTES MORNING ROUTINES**

**DAILY HABITS OF SUCCESSFUL PEOPLE**

**FOUR WAYS TO TURN AROUND A BAD MORNING**

**MEL ROBBINS - BRAIN HACK THAT WILL CHANGE  
YOUR LIFE**

**EASY YOGA FOR BEGINNERS (DO WHAT YOU CAN,  
REMEMBER IT DOESN'T HAVE TO BE PERFECT!))**

**LIVE SIMPLY. DREAM BIG. BE GRATEFUL. LAUGH LOTS.**