6 MORNING ROUTINE

DATE _____ TIME _____

#1 - GRATITUDES

#2 - GOALS

Goal _____ Date _____

Goal _____ Date _____

Goal _____ Date _____

Goal _____ Date _____

Goal _____ Date _____

#3 - TODAY'S PURPOSE

#4 - STRENGTHS

#5 - OLD RULES

#6 - AFFIRMATIONS

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☐ **CHALLENGE #1**
Wrote date and time

☐ **CHALLENGE #2**
Completed Morning Routine

☐ **CHALLENGE #3**
Listed out today's todo list

ACTION ITEMS // 4 NIGHTLY ROUTINE

ACTION ITEMS BLOCK 1	Start	Finish
1		
2		
3		
4		

ACTION ITEMS BLOCK 2	Start	Finish
1		
2		
3		
4		

ACTION ITEMS BLOCK 3	Start	Finish
1		
2		
3		
4		

ACTION ITEMS BLOCK 4	Start	Finish
1		
2		
3		
4		

ACTION ITEMS BLOCK 5	Start	Finish
1		
2		
3		
4		

ACTION ITEMS BLOCK 6	Start	Finish
1		
2		
3		
4		

#7 - WHAT DID I LEARN TODAY?

#8 - THREE THINGS THAT MADE TODAY AMAZING

#9 - WHAT CAN I IMPROVE TOMORROW?

#10 - GRATITUDES

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- [ ] **CHALLENGE #4** Completed one action item
- [ ] **CHALLENGE #5** Completed all action items
- [ ] **CHALLENGE #6** Completed nightly routine