

# Morning Mindset

*(Remember)*

*CULTIVATING GRATITUDE IS A POWERFUL PRACTICE THAT CAN POSITIVELY IMPACT YOUR MINDSET AND OVERALL WELL-BEING. ENJOY THIS DAILY RITUAL, AND WATCH HOW IT CHANGES YOUR MINDSET AND VISION FOR THE DAY!*

*(Day):*

*(Month):*

*(Year):*

*Today's Affirmation*

*Inspiration of the day*

*Water Intake*

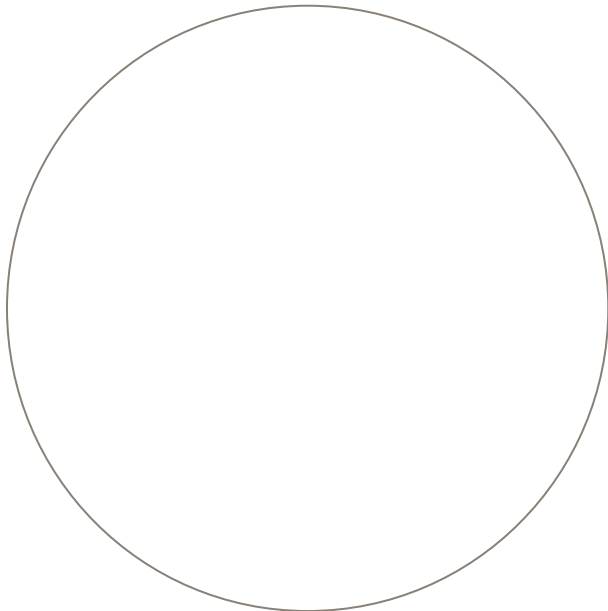


*Today I'm grateful for*

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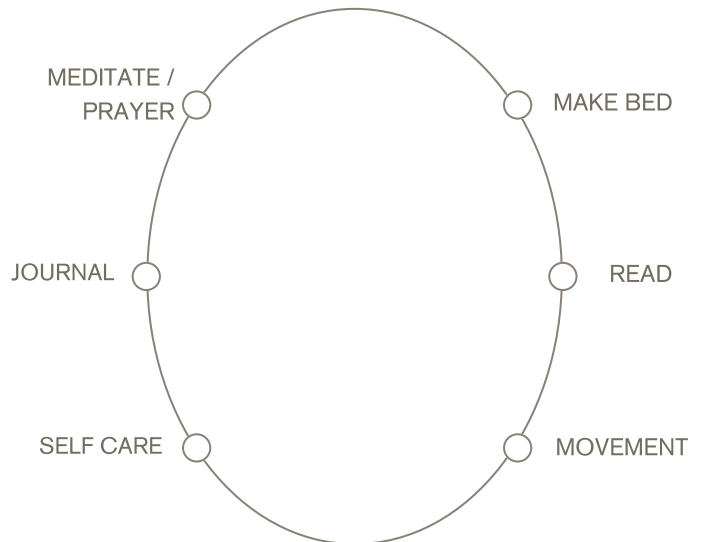
*Mood of the day*

*How I feel (choose words or draw)*



*Morning Routine to set up my day for success!*

ROADMAP TO AN ENERGIZED AND PURPOSEFUL START.



**IMMERSE YOURSELF IN THE PRACTICE OF A PURPOSEFUL START TO YOUR DAY.  
YOU TAKE CONTROL OF YOUR SCHEDULE AND DETERMINE WHERE IT WILL LEAD.**