

21 DAY MORNING ROUTINE OVERHAUL

Congratulations on making it to this point! We're almost there!

Below is a list of questions that will assist you in setting up your new morning routine.

Answer them as best you can.

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❖ **What are the current goals you're building this morning routine around?**

1.
2.
3.

❖ **What current (bad) morning habits are you planning to give up?**

1.
2.
3.

❖ **What current (good) morning habits are you planning to keep?**

1.
2.
3.

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❖ Select your three morning routine habits.

1.
2.
3.

❖ Explain why you picked each habit and what you plan to gain from adding each habit to your routine?

Habit 1 –

Habit 2 –

Habit 3 –

❖ How long will each habit in your morning routine be?

Habit 1 -

Habit 2 -

Habit 3 -

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❖ How long will your new morning routine be?

❖ Which habit will you execute first, second, and third?

1st Habit -

2nd Habit -

3rd Habit -

❖ List four ways to combat minor failures and setbacks as you practice your new morning routine.

Option 1 -

Option 2 -

Option 3 -

Option 4 -

❖ If adding a night routine, what are some of the tasks you'd include in it?

Task 1 -

Task 2 -

Task 3 -

Task 4 -