



### 3 Top Priorities

Get going by using Mel Robbins's 5Second Rule - 5.4.3.2.1



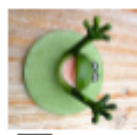
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## Miracle Morning

Miracle Morning - Hal Elrod



## Eat that Frog

Book: Eat that Frog - Brian Tracy

How do I feel? \_\_\_\_\_

My Reward \_\_\_\_\_

**OUTCOME** \_\_\_\_\_

## Evening Routine

- Clean Kitchen
- Set breakfast for tomorrow
- Prep Clothes, Bags, documents, etc.
- Plan the next day (print one of these sheets)
- Plug in phone to charge **OUTSIDE** of bedroom
- Gratitude List**
- Reflect** on day & Meditate / Pray



I'm grateful ....

Nighty night, sleep tight



What could have done differently?

# Date: \_\_\_\_\_

Habit to track

What I read today & Lessons

## AFFIRMATION

I've reviewed my ....

- Values
- Vision
- Goals

Exercise/Movement

Rewards