

· FEEL GOOD FITNESS ·

WABI-SABI

well

MAGIC MORNING RITUALS

TOP PRIORITIES

- 1 _____
- 2 _____
- 3 _____

TO DO

- _____
- _____
- _____
- _____
- _____
- _____

I AM GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____

... AND THIS IS WHY

- 1 _____
- 2 _____
- 3 _____

TODAY'S INTENTION

What. Really. Matters.?

WHAT QUALITY OF ENERGY (OR FEELING-TONE)
WOULD I LIKE TO CALL IN TODAY?

- 1 _____
- 2 _____

FEEL TO MAKE REAL

ANCHOR THE INTENTION WITH ACTIONS
THAT MAKE YOU 'FEEL' IT

- 1 _____
- 2 _____
- 3 _____

DOWN TO THE SUBTLE DETAILS

THIS INTENTION INFORMS THE DESIGN OF MY DAY

- 1 _____
- 2 _____
- 3 _____

TODAY'S MANTRA

OPENING LINE SUGGESTIONS:
'I AM DISCOVERING/REALISING/BECOMING ...'

- 1 _____
- 2 _____