



## Worksheet:

# Discover Your Morning Routine

*Please answer these questions below. Also put a number beside each question to determine which order you will do each step in, each and every morning.*

What do you choose as your 1st thoughts of the day? \_\_\_

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What do you choose for hydration? \_\_\_

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Will you hand your day over to be used/led/guided? What will you say? \_\_\_

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Do you choose stillness? If so where? How? music? Pillow? Candles? \_\_\_

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Do you choose reading / journaling? How much reading or writing? \_\_\_

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Do you choose body cleanliness? Shower? Face? Teeth? \_\_\_

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Do you choose movement? Which kind? Where? How long? \_\_\_

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Anything else? How long is your total morning routine? \_\_\_

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# Discover Your Evening Routine

*Please answer these questions below. Also put a number beside each question to determine which order you will do each step in, each and every evening.*

What do you choose as your final thoughts of the day? \_\_\_

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What do you choose for hydration? \_\_\_

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Do you choose stillness? If so where? How? music? Pillow? Candles? \_\_\_

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Do you choose reading / journaling? How much reading or writing? \_\_\_

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Do you choose body cleanliness? Shower? Face? Teeth? \_\_\_

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Do you choose movement? Which kind? Where? How long? \_\_\_

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Do you choose gratitude? How will you express your gratitude? \_\_\_

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Anything else? How long is your total evening routine? \_\_\_

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