

Morning Routine

20 MINUTES

5mins

Meditate

Breathing Exercise

5,4,3,2,1 Grounding Exercise

Prayer

5mins

Read

Bible Chapter,

Devotional or

Book of interest

5mins

Journal

Gratitude X3

Affirmations X1

Visualisation X1

5mins

Daily Plan

1-3 most Important things to do in/at:

Work

Home

Personal life