



# Model Morning Ritual Chart

Write out your Model Morning Ritual

AWAKE	CALM	DESIRED OUTCOME	MOTION	SELF-CARE	READY WORLD
[Dotted grid for notes]	[Dotted grid for notes]	[Dotted grid for notes]	[Dotted grid for notes]	[Dotted grid for notes]	[Dotted grid for notes]
→ → →	→ → →	→ → →	→ → →	→ → →	→ → →