



## Example of a Ritual for Your Model Morning

AWAKE	CALM	DESIRED OUTCOME	MOTION	SELF-CARE	READY WORLD
<p>1 Hour before facing the world</p> <p>Get out of bed</p> <p>Thermostat to normal</p> <p>Open all blinds to let in sunlight</p> <p>Use restroom</p> <p>Weigh</p> <p>Drink glass or two of water</p> <p>Put on workout clothes</p>	<p>Meditate, prayer, reflect 1-10 mins</p> <p>Deep breathe</p> <p>Gratitude</p>	<p>Focus on what is most important to me</p> <p>Write down in Your LifeBook or journal 3 things I will accomplish today</p> <p>Visualize your optimal day</p> <p>Possible 10 mins readin</p> <p>Fuelings, motion, relaxation goals</p>	<p>Do 5-10 mins of activity</p> <p>Walking</p> <p>Exercise</p> <p>Stretch</p>	<p>Shower</p> <p>Brush and floss teeth</p> <p>Other personal hygiene</p> <p>Fueling</p>	<p>Off to work</p> <p>Create an optimal day</p> <p>Fully conscious</p>



# 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]
→ → →	→ → →	→ → →	→ → →	→ → →	→ → →