



REVAMP YOUR *Morning* ROUTINE

An intensive, 5-day journal to help you
create a morning routine that will support
your ideal life

By Danielle Nicole
@DanielleNicoleCoaching
CalatheaCoaching.com

HELLO!

If you're anything like me you've struggled to make a morning routine throughout your life. You've got the best of intentions, but it's just easier to stay in bed rather than work out, walk the dog, or meditate. But you're not ready to give up yet. You know that a morning routine is the best way to start your day on the right foot.

A morning routine takes so much of the guesswork out of what we need to be doing as soon as we roll out of bed in the mornings. Instead of thinking "am I going to brush my teeth first?" we just know.

But where do we start? We need to build a sustainable routine. In this five day, self-guided intensive you will build your ideal morning routine. I can't promise that it's going to be easy, but I can promise that it will be rewarding and it will transform your life.

First you need to identify your **why**. Why do you want to establish a morning routine? It might give you more time to do the things you want to do in your day, such as work out, connect with family or friends, or have time for self-improvement. Knowing your why will motivate you to create lasting change. Revisit this statement if you find yourself lacking motivation this week.

Write your why here:

Your week is going to start with a nice easy day - you're going to observe and record what you already do - no changes necessary.

Then, think about the changes you'd like to make or add to your morning as you establish your morning routine. Wake up at 6 instead of 7? Do a quick yoga flow while the coffee brews? The world is your oyster! Choose the top four and each day for the rest of the week you will implement one of the changes, building on the positive momentum from implementing the change the day before.

As you move through the week you will continue to reflect on your why - why were you or were you not successful in implementing your newest routine change. Coming back to your big **why** will help drive your motivation in implementing each individual change.

This week is meant to be intensive, and may be a little challenging, so you can learn just how capable of creating change in your life that you are.

Let's dive in, you got this!

With gratitude,
Danielle Nicole

DAY 1 - OBSERVE AND RECORD

"How you start your day... is how you live your life."

- Louise Hay

What I Did This Morning

5:00

6:00

7:00

8:00

9:00

10:00

11:00

What I Want To Do Tomorrow

5:00

6:00

7:00

8:00

9:00

10:00

11:00

**Brain dump of all of the potential changes I could make to my routine.
Circle the 4 you'll make this week.**

The change I am committing to tomorrow:

DAY 2 - IMPLEMENTING CHANGE ONE

"Your current life is the result of your previous choices, if you want something different, begin to choose differently."

- Joe Tichio

The change I am committing to today:

What I Will Do This Morning

5:00

6:00

7:00

8:00

9:00

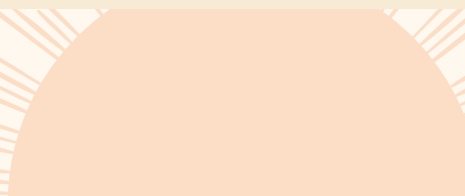
10:00

11:00

Was I Successful? Why?

Large empty box for reflection on success and reasons.

The change I am committing to tomorrow:



DAY 3 - IMPLEMENTING CHANGE TWO

"When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love."

- Marcus Aurelius

The change I am committing to today:

What I Will Do This Morning

5:00

6:00

7:00

8:00

9:00

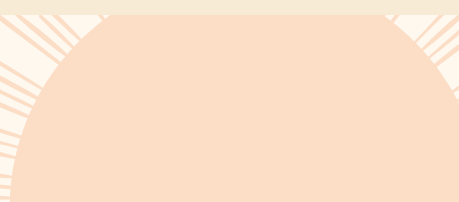
10:00

11:00

Was I Successful? Why?

Large empty box for reflection on success and reasons.

The change I am committing to tomorrow:



DAY 4 - IMPLEMENTING CHANGE THREE

"My future starts when I wake up every morning."

- Miles Davis

The change I am committing to today:

What I Will Do This Morning

5:00

6:00

7:00

8:00

9:00

10:00

11:00

Was I Successful? Why?

Large empty box for reflection on success and reasons.

The change I am committing to tomorrow:

DAY 5 - IMPLEMENTING CHANGE FOUR

"Your energy in the morning is a clean slate, and you get a chance each day to build it up the way you want"

— Mridula Singh

The change I am committing to today:

What I Will Do This Morning

5:00

6:00

7:00

8:00

9:00

10:00

11:00

Was I Successful? Why?

Large empty box for reflection.

You've reached the end of the week. Congratulations!

REFLECTION

"A year from now, you may wish you had started today."

— Karen Lamb

What Worked:

What Didn't:

Overall Feelings On My New Routine:

The Changes I Am Committing To Going Forward:



CONGRATULATIONS!

How does it feel? You now know what does (or doesn't) work for your morning routine. Knowledge is power, and with this new knowledge you can move forward with your routine!

You took the guesswork out of your mornings and created a streamlined way to start your day.

Revisit this journal any time your routine needs a little revamping!

Cheers,
Danielle