



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Shake Up The Wake Up ~ Worksheet 1 - June 2018

We are into bringing more INTENT into how we start each day: mornings by design not by default. Awareness is key. Check in with where you are at right now without judgement or editing your responses.

Describe your weekday wake up routine:

What time does the alarm go off? _____

What time do you get out of bed? _____

What do you do each morning?

TIME	ACTIVITY
—:—	_____
—:—	_____
—:—	_____
—:—	_____
—:—	_____
—:—	_____
—:—	_____
—:—	_____
—:—	_____
—:—	_____
—:—	_____
—:—	_____

What time do you leave the house? _____

How do you FEEL in the mornings? Sum it up in 3 words.

What's the best thing about your week day morning routine?

What's the worst thing about your week day morning routine?

See next page for **weekend** routine

Describe your weekend wake up routine:

What time does the alarm go off? _____

What time do you get out of bed? _____

What do you do each morning?

TIME	ACTIVITY
:—	_____
:—	_____
:—	_____
:—	_____
:—	_____
:—	_____
:—	_____
:—	_____
:—	_____
:—	_____
:—	_____

What time do you leave the house? _____

How do you FEEL in the mornings? Sum it up in 3 words.

What's the best thing about your weekend morning routine?

What's the worst thing about your weekend morning routine?

Well done!

Louise