**I AM A WELLBEING WARRIOR: SHAKE UP THE WAKE UP MORNING RITUALS**

\* Aim for 3 out of 5 Rituals a day, and consider anything additional a BONUS!

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| **WEEK COMMENCING:**  | **MON** | **TUE** | **WED** | **THU** | **FRI** | **SAT** | **SUN** |
| **RITUAL #1** |  |  |  |  |  |  |  |  |
| **RITUAL #2** |  |  |  |  |  |  |  |  |
| **RITUAL #3** |  |  |  |  |  |  |  |  |
| **RITUAL #4** |  |  |  |  |  |  |  |  |
| **RITUAL #5** |  |  |  |  |  |  |  |  |
| **WEEK COMMENCING:**  |  |  |  |  |  |  |  |
| **RITUAL #1** |  |  |  |  |  |  |  |  |
| **RITUAL #2** |  |  |  |  |  |  |  |  |
| **RITUAL #3** |  |  |  |  |  |  |  |  |
| **RITUAL #4** |  |  |  |  |  |  |  |  |
| **RITUAL #5** |  |  |  |  |  |  |  |  |

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|  | **What will go RIGHT for me today?** | **What 3 qualities will I bring to today?** | **One move towards my 2018 GWS I will make today?** |
| **MONDAY** |  |  |  |
| **TUESDAY** |  |  |  |
| **WEDNESDAY** |  |  |  |
| **THURSDAY** |  |  |  |
| **FRIDAY** |  |  |  |
| **SATURDAY** |  |  |  |
| **SUNDAY** |  |  |  |