**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!

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |  |  |  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **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** |  |  |  |