**~ Morning Makeover ~ Worksheet Two - May 2022**

*This is a beautiful tool and exercise. Have fun with it, no editing or judgement or second guessing. Create your ideal morning right here.*

**Detail below how your IDEAL morning would unfold.**

*Cover things like: What are you wearing? Drinking? Doing? Thinking? How are you feeling?*

| **I wake up…**  **I start my day feeling…** |
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*Fabulous! Now take that vision to a more detailed Morning Makeover Plan…what time would these things be happening? How long would they take? What is in the gap between your morning now and then? What would you need to do to make it real?*

*Note: this might be a big thing like changing location in terms of where you live, or changing job, or it simply might be to buy some earphones to have by the bed so you can start the day with your meditation. As ever, there is no right or wrong, you do you! What do you NEED in order to move CLOSER to your perfect morning? Mapping the time out like this is important as it makes it realistic, so you don’t create a morning of rituals that go on till 11am!*

| **My Ideal Morning goes like this** | | |
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| **Time (from – to)** | **What am I doing?** | **Can I do this now or is there something/support I need to do/buy/conversation to have?** |
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**How I feel when I start my day like this:**

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**Why this kind of morning is important to the goals I have for myself and my life:**

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*Woop de woop! Good work lady! Join me back in the tutorial and challenges as you start to implement as much of your Ideal Morning Vision as possible.*

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