



Smart, busy women
improving their
wellbeing

one bite at a time!

WELLBEING
WARRIORS

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~ 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...

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?

How I feel when I start my day like this:

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

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.

A handwritten signature in black ink that reads "Louise". The signature is written in a cursive style with a long, sweeping underline that ends in a small flourish.