

Wellbeing inspr thatz
practical, not preachy

love, Louise x

www.louisethompson.com



WELLBEING WARRIORS

**life
coaching
academy**

LOUISE THOMPSON
MASTERCOACH | AUTHOR | SPEAKER

~ Max My Mornings ~ Worksheet #1 - February 2024 Current Morning Evaluation

Fill this in as honestly and accurately as you can for an average weekday morning. You will probably surprise yourself with how many activities there are and just how long they really take. There is no judgement here! It's all just good information as you make over your regular morning to refine your morning that sets you with intentionality for that day AND supports your long-term goals.

What am I doing?	Time taken to do it?	Is this activity Reactive? Routine? Ritual?	Reduce? Streamline? Enhance?	Is this INTENTIONAL activity?
Cleaning teeth? Dressing kids? Feeding dog? Reading the news?	Honest time assessment of how long each thing takes.	What category of time is this action?	What will improve my morning?	Does this align with my vision and big rocks for the year?

How do I feel during / at the end of this regular morning routine?

Does this morning look like what a woman who takes excellent care of herself does?

Are there any tweaks / additions/ deletions I want to make to Max My Morning based on this evaluation?

Good work! Take these insights into the tutorial and your challenges for the month. They will form the basis of your decision making as you create your optimum and elevated morning.