

Win Your Morning Worksheet

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1. What is your #1 goal for today?
2. List your "Power 3" moves for the day:
 - Task 1:
 - Task 2:
 - Task 3:
3. How do you want to feel today?
4. What will you do this morning to support your mental clarity?
5. What distraction will you intentionally avoid?
6. Affirmation of the Day:

Visualize success for 2 minutes. Breathe. Focus. Begin.