

Your Strategies Worksheet 1

for Start the Day Right

Human beings are diurnal — meaning we thrive during the daytime. We digest food better in day than night. Our bodies are naturally synchronized to go to bed shortly after dark, and rise shortly before the sun. Use this worksheet to start the day right.

your Q

What I usually do right when I wake up is:

What would be best for my body in the morning is:

What would be best for my potential/spirit/soul in the morning is:

your A

What I want to change first to start the day right is:

What I want to add in later, once the above change is natural is:

What my ideal morning looks like a year from now is:

Your Strategies Worksheet 2

for Start the Day Right

What is your biggest obstacle in starting the day right?

What is your strategy around the obstacle?

What do you sense would be the side benefits you'd experience if you started the day right?

Can you commit to starting the day right 4 or 5 mornings a week?