



LAURA ERDMAN-LUNTZ

MY MORNING ROUTINE

Life Coaching + Yoga + Essential Oils

Step One: What do you want to receive from your morning?

Step Two: Decide how much time you have?

What time will you get up? _____

What time do you need to leave the house/get going with the rest of your day? _____

How much time do you have?

Step Three: What is important to you to include in your routine?

- Journaling
- Meditation
- Reading
- Exercise
- Yoga
- Supplements
- Essential Oils
- Other:
- Other:
- Other:

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It's time to start your day strong!

Step Four: Outline what you will do with each of the items you checked off and how much time you will spend on each one:

Activity:	What will you do?	What time?	How long?

Step Five: Create your schedule:

Time:	Activity

Step Six: How many days a week do you want to have your practice? ____ Choose the days here:

M T W Th F S S

Ready for more feel good?

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