

Morning Routine Generator

Energize Empower Enjoy

Brainstorm Worksheet

Physical:

Exercise	Cleanse	Dress	Groom

Mental:

Meditate	Mindfulness	Gratitude	Creativity

Nourish:

Water	Food	Treat	Prepare

Morning Routine Generator

Energize Empower Enjoy

Experiment Worksheet

ROUTINE ELEMENTS & TIMING NOTES		ENERGIZE SCORE	EMPOWER SCORE
S U N			
M O N			
T U E S			
W E D			
T H U R			
F R I			
S A T			

Morning Routine Generator

Energize Empower Enjoy

Evaluate Worksheet

Consider...	What Went Well?	What Needs to Change?	Adjustment I'll Make.
Physical			
Exercise			
Cleanse			
Dress			
Groom			
Mental			
Meditate			
Mindfulness			
Gratitude			
Creativity			
Nourish			
Water			
Food			
Treat			
Prepare			

Morning Routine Generator

Energize Empower Enjoy

My Morning Routine:

Time/Order

Category

Element/Activity

•

•

•

•

•

•

•

•

•

•

•

•

•

•

•

•

•
