



Creating a Schedule to find your Health and Happy

Step 1 - Write down something you would like to do in the morning that is Creative, something that is Active, write down something that will expand your Brain and something that allows you to Reflect and to Let things Out. Write these in the LIST SECTION

Step 2 - Now, write down the length of time you would like to focus on each of these every morning.

Step 3 - What else do you need to do in the morning? Perhaps a shower, getting ready, eating, coffee & cuddles, maybe you need to walk your dog? Write these down in the LIST SECTION along with the time youre expected to complete the task.

Step 4 - Now that you know what you want to do in the morning, it is now time to figure out the order of the routine! This is the fun part... or it is to me at least! Beside all of your morning activities number them from 1 to whatever number you need to go to based on your morning activities. Number them from the first activity you want to do to the last activity you need to do before leaving the house or starting your day.

Step 5 - This is the scheduling part... figuring out when things have to be completed by to achieve and accomplish your morning routine. Ask yourself, what time do I need to have all of this completed by to start the day. Once we have a time that we have decided on, we now work backwards with out schedule.

NOTE - If you look at you schedule and it is too early for you to wake, too much for you to complete. Please for the love you have for yourself simplify your schedule. It is important that if you know you will not wake up at 6am... and your schedule starts at 6am, then you will be setting yourself up for failure because you will not be able to hold that promise to yourself, and if you cant keep a promise to yourself - then who can you keep a promise to? So - Please make your schedule work for you... no the other way around or this wont help with your health and your happiness.

LIST SECTION

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Step 6 - Now that you have your schedule complete its time to put it into your calendar along with alarms to keep yourself help accountable, to assist in creating a new routine - consistency is key. it take on average 30 days to create and form a new habit.

Step 7 - Make a promise to yourself that you ARE going to be faithful to your schedule for the love you have for yourself. That you ARE going to do it every.single.day for your happiness, health and self-love. Lets be honest - if you cant keep a promise to yourself... then who can you keep a promise to? Reflect on this.