



MAP OUT YOUR MORNING



PLANNING

Really starts the night before, but in the morning review your day's plan



BEGIN WITH GRATITUDE

While reviewing your day's plan, send gratitude for five things in your life. Write them down in your journal



ELEVATE YOUR SPIRIT

Take time to get in touch with your spirit and elevate yourself for the day



MAKE THIS A DAILY PRACTICE

TAKE CARE OF YOU

Taking the time to plan, be grateful and connect with your spirit gets you on your path for the day!

YOU MATTER