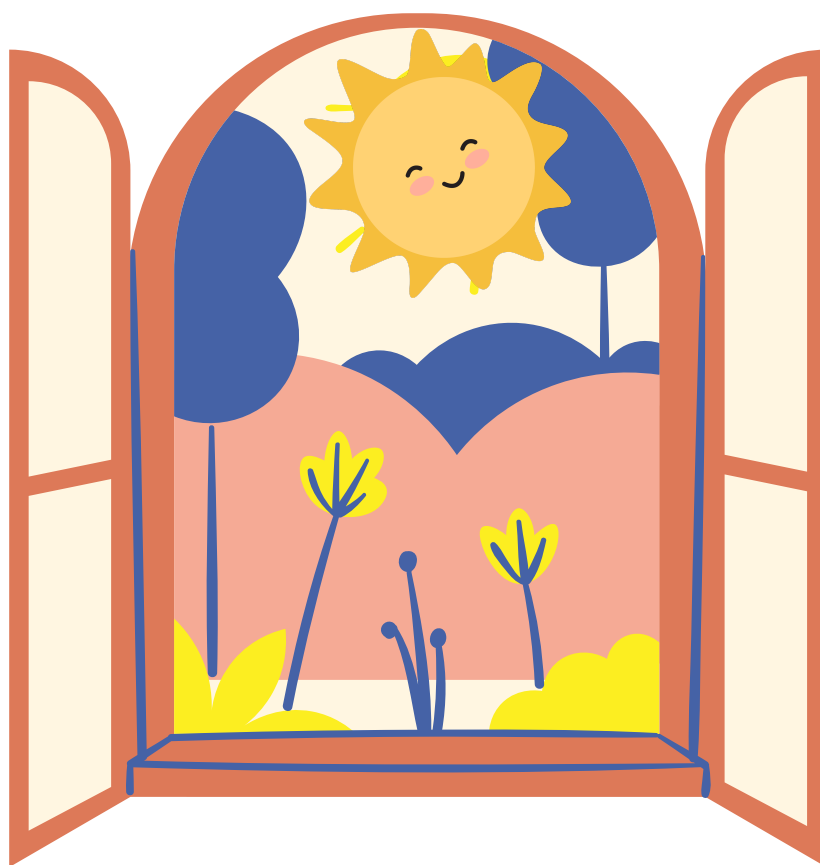
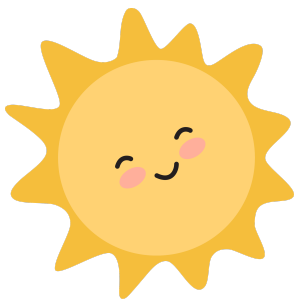


# My Spiritual Morning Routine

Get Ready for the Day Spiritually, Mentally and Physically



“With the new day comes new strength and new thoughts.”  
— Eleanor Roosevelt



# Create a Good Morning!

“Each day is an adventure in discovering the meaning of life.” — Jack Canfield

**Thanks** for choosing my Spiritual morning routine mini workbook! I hope this printable will make it easy and fun for you to draw up your personal night-before and morning routines and really enjoy your mornings a lot more, paving the way for amazing days!

## **Contents:**

### **Page 1. Introduction**

### **Page 2. Benefits List**

Check off the most important benefits for you. This will help you decide on activities to include in your new routine.

### **Page 3. Suggestions for your night-before preparation activities.**

Look over the list and select the ideas that appeal to you, keeping your chosen benefits in mind. Also add your own ideas. Take your time and remember you can always change things up!

### **Page 4. Night Prep Routine**

Add your evening get-ready items and decorate as you like with doodles and stickers. Add time of day or a sequence number in the left column to organize your time.

### **Page 5. Suggestions for Your Morning Routine Activities**

Look over the list and select the items that appeal to you, keeping your benefits in mind. Also add your own ideas. Select just a few at a time -- you can always include more activities or make changes later.

### **Page 6. Your Personal Morning Routine.**

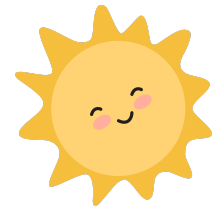
Here is where you plan your morning hours. Your evening routine has prepared you for essentials so you can treat yourself to personal activities to nourish your spirit, mind and body. Add time of day or a sequence number.

### **Page 7. Evaluation**

What do you like about your routines and what will you change?

### **Page 8. Your Personal Notes**

# Morning Routine Benefits



- ☐ Calm
- ☐ Peace of Mind
- ☐ Creativity
- ☐ Good Mood
- ☐ More Love
- ☐ Structure
- ☐ Confidence
- ☐ Better Memory
- ☐ Better Relationships
- ☐ Success Mindset
- ☐ Contact with God
- ☐ Less Chaos
- ☐ More Faith
- ☐ Control of Day
- ☐ Positive Outlook
- ☐ Health
- ☐ Fitness
- ☐ Charisma
- ☐ Inspiration

- ☐ Strength for Challenges
- ☐ Enjoyment of Nature
- ☐ Energy
- ☐ Organization of Children
- ☐ Learning
- ☐ Improved Self Image
- ☐ Mind Organization
- ☐ Better Total Day
- ☐ Smooth-Running Day
- ☐ Personal Growth
- ☐ Relief from Anxiety
- ☐ Happy Emotions
- ☐ Less Stress
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----

"When I wake up every morning, I thank God for the new day."

— F. Sionil Jose

# Night-Prep Suggestions



- ☐ Plan Tomorrow on Paper
- ☐ Choose Clothes for Day
- ☐ Set up Breakfast
- ☐ Choose Kids' Clothes
- ☐ Prep Kids' Schoolbooks
- ☐ Stretch
- ☐ Read Calming Book
- ☐ Tidy Kitchen
- ☐ Write Gratitude Notes
- ☐ Moisturize Skin
- ☐ Brush and Floss Teeth
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----

"For tomorrow belongs to the people who prepare for it today." African  
Proverb

# My Night-Prep Routine



- “I used to love night best but the older I get the more treasures and hope and joy I find in mornings.” — Terri Guillemets

When?	Action	Benefit

## Notes

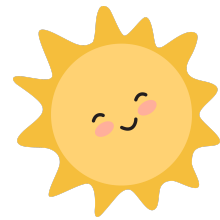
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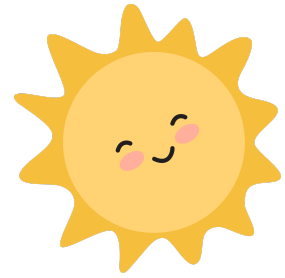
# Morning Routine Suggestions



- |                                                            |                                                 |
|------------------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Shower with Fave Tunes            | <input type="checkbox"/> Make Beds              |
| <input type="checkbox"/> Play with Pet                     | <input type="checkbox"/> Tidy House             |
| <input type="checkbox"/> Give Hugs and Kisses              | <input type="checkbox"/> Eat Healthy Breakfast  |
| <input type="checkbox"/> Pray                              | <input type="checkbox"/> Send a Happy Text      |
| <input type="checkbox"/> Do Hobby                          | <input type="checkbox"/> Go for a Walk          |
| <input type="checkbox"/> Watch Comedy Show                 | <input type="checkbox"/> Stretch                |
| <input type="checkbox"/> Plan the Week Ahead               | <input type="checkbox"/> Take Vitamins          |
| <input type="checkbox"/> Read a Spiritual Book             | <input type="checkbox"/> Drink Healthy Smoothie |
| <input type="checkbox"/> Review Goals                      | <input type="checkbox"/> Exfoliate              |
| <input type="checkbox"/> Drink a Glass of Water            | <input type="checkbox"/> Moisturize Skin        |
| <input type="checkbox"/> Read a Funny Book                 | <input type="checkbox"/> Morning Workout        |
| <input type="checkbox"/> Dance                             | <input type="checkbox"/> Update Your Journal    |
| <input type="checkbox"/> Plan the Week Ahead               | <input type="checkbox"/> Write Gratitude Notes  |
| <input type="checkbox"/> Review Goals                      | <input type="checkbox"/> Take soothing shower   |
| <input type="checkbox"/> Plan a Goal Step                  | <input type="checkbox"/> Calming Bubble Bath    |
| <input type="checkbox"/> Beauty Session                    | <input type="checkbox"/> -----                  |
| <input type="checkbox"/> Meditate                          | <input type="checkbox"/> -----                  |
| <input type="checkbox"/> Read Affirmations                 | <input type="checkbox"/> -----                  |
| <input type="checkbox"/> Review Vision Board               | <input type="checkbox"/> -----                  |
| <input type="checkbox"/> Give Kids or Spouse Encouragement | <input type="checkbox"/> -----                  |

*"Make today your masterpiece." — John Wooden*

# My Morning Routine



"Lose an hour in the morning, and you will spend all day looking for it." —Richard Whately

When?	Action	Benefit

## Notes

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# My Morning Routine Review

"Planning is everything." Dwight D. Eisenhower

## Top Benefits and Ratings


## Overall Benefits Rating

									
1	2	3	4	5	6	7	8	9	10

## What worked


## What didn't work


## Do more of...


## Do less of...

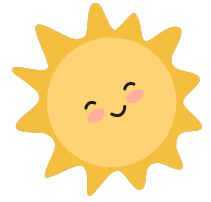

## Notes

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# My Personal Notes



A large, empty rectangular box with a light pink background, intended for writing personal notes.

"Get up earlier and take some time to plan your day. Every extra minute you spend planning will add more time and power to your life."

Anonymous