

MORNING ROUTINE

Making excuses burns zero calories per hour.

10-30 minutes of exercise (see monthly calendar)

Silence is a decuttering of the soul.

5-10 minutes of prayer/meditation

Never give up on a dream because of the time it takes to accomplish it. The time will pass anyway.

5 minutes to remind myself of what I'm committed to be or to accomplish

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

10-15 minutes of scripture reading

Journaling is paying attention to the inside for the purpose of living well from the inside out.

10-15 minutes of journaling
