

Morning Power Technique™ Worksheet

Define your perfect morning:

What will be the cue to start your morning?

What will be the first thing you see as you start your morning?

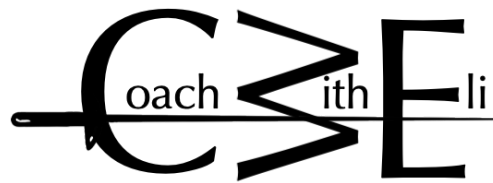
What will be the first thing you hear as you start your morning?

What will be the first thing you feel physically as you start your morning?

What will be the first thing you feel emotionally as you start your morning?

What will you be wearing?

What are the first 5 things you will do?



What will you be saying to yourself as you complete the first 5 things you will do?

Where will you be 5 minutes after starting your morning and what will you be doing?

Where will you be 10 minutes after starting your morning and what will you be doing?

Where will you be 15 minute after starting your morning and what will you be doing?

How will you know that your morning has started out perfectly? What evidence will there be?

What will you tell other people after you have succeeded and enjoyed the perfect start to your morning?

When will your perfect morning start?

How will you know that using the Morning Power Technique™ worked for you?

How will you feel emotionally and physically *after* you have accomplished your perfect morning?
