

SAVEERS

M O U R N I N G R O U T I N E

S

SILENCE

WHAT: A few moments in silence to allow peace and relax the mind. No specific focus

HOW: Set 10-minute alarm on phone, sit comfortably with good posture, close eyes and breathe deeply. Let your mind be free to wonder but return to breath and air flow as needed.

10
MINUTES

A

AFFIRMATIONS

WHAT: Honest, specific, and transformative affirmations you can and will act on.

HOW: (1) Make a "Commitment" (2) "Why" is it important to you? (3) "Specifically, how you will achieve it? (4) "When" are you taking action & "What" is that action?

5
MINUTES

V

VISUALIZE

WHAT: Take a few moments to visualize yourself achieving your affirmations. How do they feel? What can you see yourself doing today to impact success?

5
MINUTES

E

EXERCISE

WHAT: Move your body and push it

HOW: Do something to work your body daily. 7-Minute Workout, Yoga, Weight Training, etc. Must safely push discomfort and increase blood flow/breathing. If you walk, sprint a little.

15-30
MINUTES

R

READ

WHAT: Read minimum of 10 pages of something you want to learn about every day

- *Should be with routine but can be later in day so long as you complete.*

10+
PAGES

S

SCRIBE/WRITE

WHAT: Journal each day. May be morning only or morning and night. Use a journal or use an app like the 5-Minute Journal app.

FORMAT: Depends but here's a great and proven format –

- 3 Things you are grateful for this morning (new each day)
- 3 Things you will accomplish today

5-10
MINUTES

LAST: Complete ONE ToDo item you don't want to do before you do anything else.