

# Mindset & Movement Tracker

## MY HEALTHY MORNING ROUTINE

- Wake up early at \_\_\_\_\_ am
- Drink a glass of water with a drop of lemon essential oil or a lemon juice
- Sit in quiet. Check In with how you feel physically, emotionally & spiritually
- Eat breakfast within 60 minutes of waking
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## I AM GRATEFUL FOR...

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I AM...

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## GOOD THINGS THAT HAPPENED TODAY:

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## NOURISH BODY, MIND, SPIRIT

### BODY

- I will move my body at: \_\_\_\_\_
- I am tracking my food
- I am staying hydrated
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### MIND

- I am keeping my mind free from clutter & stress by:

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### PASSION

- I am fueling my passions by:

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## MY HEALTHY BEDTIME ROUTINE

- I will go to bed each night at:
- For 1 week I will do one thing from the Sleep Resources and evaluate it's impact.
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