

# Morning Routine

30 days challenge



## Rituals for the mind

- 1 Read from a book

Progress indicator for 'Read from a book' consisting of 30 small circles, with the last three circles highlighted in orange.

- 2 Write what goes through your mind

Progress indicator for 'Write what goes through your mind' consisting of 30 small circles, with the last three circles highlighted in orange.

- 3 Listen to an audiobook or a podcast

Progress indicator for 'Listen to an audiobook or a podcast' consisting of 30 small circles, with the last three circles highlighted in orange.

- 4 Read a positive affirmation you wrote, or you resonate with

Progress indicator for 'Read a positive affirmation you wrote, or you resonate with' consisting of 30 small circles, with the last three circles highlighted in orange.



## Rituals for the body

- 1 Take a cold shower

Progress indicator for 'Take a cold shower' consisting of 30 small circles, with the last three circles highlighted in orange.

- 2 Do a breathing exercise

Progress indicator for 'Do a breathing exercise' consisting of 30 small circles, with the last three circles highlighted in orange.

- 3 Drink a glass of water with lemon and salt

Progress indicator for 'Drink a glass of water with lemon and salt' consisting of 30 small circles, with the last three circles highlighted in orange.

- 4 Move your body - Yoga, Pilates, Fitness, Stretching, Walking, Running, Sport

Progress indicator for 'Move your body - Yoga, Pilates, Fitness, Stretching, Walking, Running, Sport' consisting of 30 small circles, with the last three circles highlighted in orange.

## Rituals for the soul

- 1 Meditation

Progress indicator for 'Meditation' consisting of 30 small circles, with the last three circles highlighted in orange.

- 2 Visualisation

Progress indicator for 'Visualisation' consisting of 30 small circles, with the last three circles highlighted in orange.

- 3 Write three things you're grateful for

Progress indicator for 'Write three things you're grateful for' consisting of 30 small circles, with the last three circles highlighted in orange.

- 4 Make a compliment or a massage to someone dear

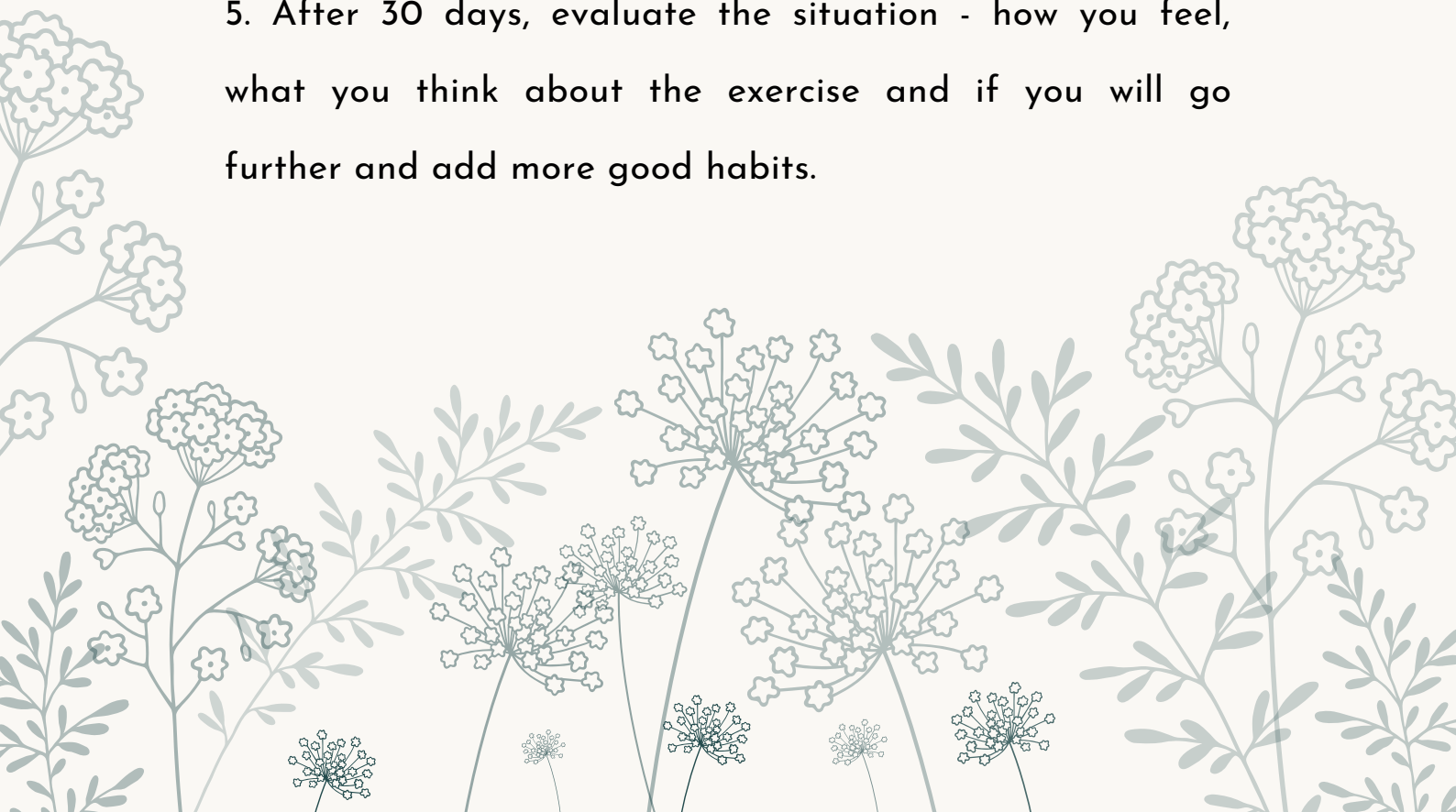
Progress indicator for 'Make a compliment or a massage to someone dear' consisting of 30 small circles, with the last three circles highlighted in orange.



# Instructions

morning routine 30 days challenge

1. Choose a new habit from each category
2. Every day, after you have done the ritual, tick a circle out of the 30
3. If you forgot to do the practice one day, tick one of the last three boxes. In this way, you will know how many extra days you have to do
4. Do them for 30 days
5. After 30 days, evaluate the situation - how you feel, what you think about the exercise and if you will go further and add more good habits.





# Thank you

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