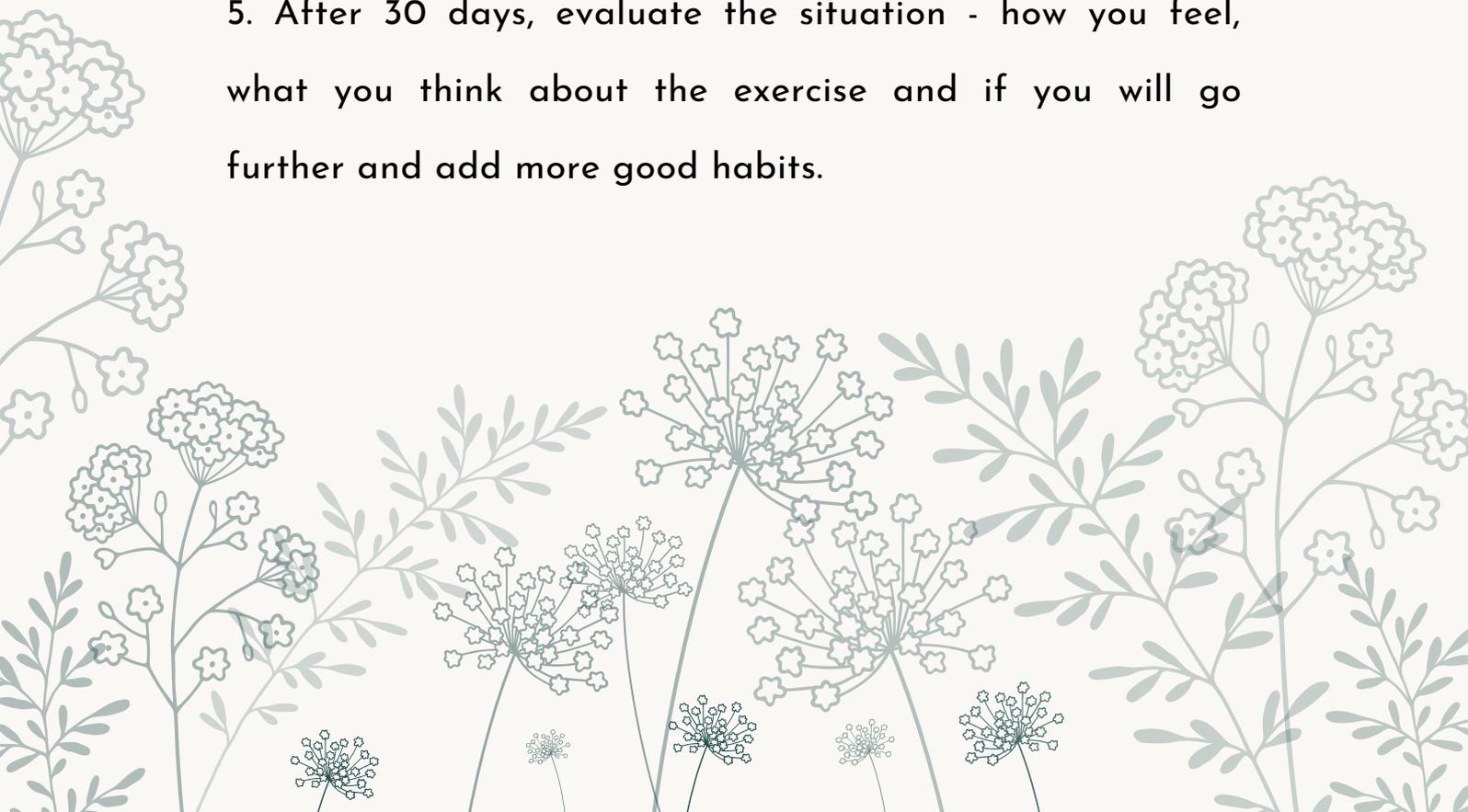


Instructions

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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