

# take back your morning TRACKER

	Day 1	Day 2	Day 3	Day 4	Day 5
Silence					
Affirmations					
Visualization					
Exercise					
Reading					
Journaling					

**Silence** - Clear your mind and start your day in silence with meditation, prayer, reflection, deep breathing, or gratitude.

**Affirmations** - Affirmations are positive statements that you repeat to yourself, helping you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, you start to believe them, and that belief leads to positive change.

**Visualization** - When visualizing, you close your eyes and use your imagination or look at a vision board of inspiring images to really see what you want in your life, who you need to be to create what it is you want in life, and what you need to do to accomplish this.

**Exercise** - AM exercise improves your mood, helps you get better sleep, lowers your stress, and sets a really great tone for your day!

**Reading** - You want to read something inspiring, to fill your brain with positivity and personal development!

**Journaling** - Writing helps you to process your thoughts and reflect on your life.