







Self-Care Plan: Create a Morning Routine

“Today is going to be a really, really good day.” – Louise Hay

Self-Assessment	Diagnosis	Goals	Action Steps
<p>I feel tired and sluggish upon awakening and find it hard to get going in the morning.</p> <p>I often grab my cell phone first thing to check my e-mail and social media.</p> <p>I feel overwhelmed anticipating the day's activities.</p>	<p>Lack of a morning routine and daily plan.</p>	<p>Develop a mindful approach to my day.</p>	<p>Add these to my Habit Tracker:</p> <ul style="list-style-type: none"> <li data-bbox="1255 553 1961 630">  Open the curtains to expose myself to natural light. <li data-bbox="1255 686 1982 763">  Listen to the guided audio recordings to practice deep breathing. <li data-bbox="1255 820 1982 896">  Use pen and paper to record my 1 to 3 stream-of-consciousness pages. <li data-bbox="1255 953 1955 1029">  Make time for inspirational reading. <li data-bbox="1255 1086 1898 1162">  Choose an intention for the day. <li data-bbox="1255 1219 1808 1295">  Set my top three priorities.