

Morning Routine

You will never change your life until you change something you do daily. The secret of your success is found in your daily routine.

John C. Maxwell

1. *Just Move: Your Body Longs to Feel Alive*

10-30 minutes of ex 10-30 minutes of exercise. Walking 5 minutes a day for a week is where I started. It is the practice of follow through that I was working on. If I don't do it I simply say I will try again tomorrow.

2. *Silence is the decluttering of the soul*

5-20 min of prayer and meditation.

3. *You do what you can for as long as you can, and when you finally can't, you do the next best thing. You back up but you don't give up. —Chuck Yeager*

5 minutes to remind myself what I want to accomplish and why it's important to me.

4. *The only true wisdom is in knowing you know nothing. Socrates*

10-15 minutes of reading wisdom. Whatever your spiritual tradition entails find the *wisdom* and read it daily. Read a daily inspirational guide, scriptures, or other wisdom traditions.

5. *Journaling is paying attention to the inside for the purpose of living well from the inside out. Lee Wise*

10-15 minutes of writing. Write in a journal, on your phone or social media. Use what you read in your wisdom readings to respond to your life.
