

## **The Miracle Morning**

- Silence - [ ] minutes
- Affirmations - [ ] minutes
- Visualization - [ ] minutes
- Exercise - [ ] minutes
- Reading - [ ] minutes
- Scribing - [ ] minutes

## **The 1-Minute Miracle Morning**

- Read 1 blink on Blinkist
- Exercise - 1 set of 1 exercise
- Affirmations
- Sit in silence for 1 minute
- Visualize your tasks for 1 minute
- Write into the 1-sentence journal