

Morning Empowerment™

The Morning Empowerment questions are an incredible way to start each day. Hang them up in your shower on on your bathroom mirror. Also use this during exercise.

*"If today were the last day of my life, would I want to do what I am about to do today?"
Whenever the answer has been "No" for too many days in a row, I know I need to
change something." – Steve Jobs*

- 1) What are two things I can accomplish before 10am?
— That will fulfill my mission — That has a purpose beyond myself —
- 2) What are two things _____ has done for me that I should be grateful for?"
Do Each One! ("The Universe", "My Partner", "Another Person")
Especially your partner!!! Now that you know two things, be sure to tell them sometime today!!!
- 3) How can I brighten their day? (Their?... The Creator, My Partner, Another Person, etc.)
- 4) What are two things that I am happy about?
- 5) What are three things I'm grateful for?
- 6) What are two things the Universe has done for me to make my life even better?
- 7) Who can I serve today and how?
- 8) What is one thing the Universe wants me to do today? (that would bring joy to The Creator)
This week... this month... this year?

Bonus – To Find Your Edge:

Ask – In what ways am I shrinking or holding back?

Bonus

What meaning can I create today with my beliefs?

"I feel _____ (choose something good that you want to feel)

when _____ (make a rule that is super easy)

Example: "I feel happy when I smile in conversations"

Example: "I feel grateful when I feel myself breathe"

Check In – What is one thing I am doing within 30min. of waking up each day... That will give me a real sense of accomplishment? Hint: Exercise! (with personal development audio)

This creates tremendous certainty and later turns into even more self-confidence.