



Morning Empowerment Ritual™

These morning ritual questions are an incredible way to start each day. Print this off, place in your shower, bathroom mirror, or use during exercise.

- 1) What is one thing I want to accomplish today?
- 2) What is one thing I can do within 30min. of waking up each day... that will give me a real sense of accomplishment. Hint: Exercise!
(This creates tremendous certainty and later turns into even more self-confidence.)
- 3) What is one thing someone has done to serve me, and how did that feel?

If you have a Partner:

“What are two things my partner has done that I should be grateful for?”

- 4) Where is God's hand in my life?
- 5) What are 5 things I'm grateful for?
- 6) What's one thing that makes me happy?
- 7) 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 go outside”
- 8) Who can I serve today and how?
- 9) What is one thing the Universe wants me to do today?
This week... this month... this year?

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