

MY 2024

1-2-1 MORNING METHOD

The most effective way to build a healthy morning routine is to use my **1-2-1 morning method**. Fill in the below with realistic things you can do each morning before you start your day. The more specific you are the more likely you are to stick with it!

1 thing to move my body

2 things to fuel my body

1 thing to uplift my mind

keep the promises you make to yourself. 😊