

IMMR Intentional Motivational Morning Routine

DATE:

Let yourself enjoy life!

MOOD:



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GOALS:



TASKS:

EXERCISE:

NOTICE	Breath, Posture Speed of Speech
STRETCH	Wrists
WALK	
GYM	
MEDITATE	Current Moment and Surroundings

PRODUCTIVITY FRAMEWORK:

SCHEDULE	POMEDERO
FULL TILT	GOAL SPRINTS

READ A BOOK:

READING A BOOK FOR 6 MINUTES HAS BEEN SHOWN TO REDUCE STRESS

SUB TASKS:

VISUALIZE:

END GOAL: SEE YOURSELF SUCCEED	STAY POSIVE: TO INCREASE PERFORMANCE
GREATNESS: BELIEVE IN YOURSELF	LOST OPPORT: BY FALLING BEHIND

CONSIDER:

WHY: DOING WHAT YOU'RE DOING	INSPIRATION: SOMEONE OR SOMETHING
DISREGARD: SOME TASKS OR OPINIONS	NEED: FROM SELF OR ASK FOR HELP

I'M GRATEFUL FOR:

1. POSITIVE SELF-AFFIRMATION
 2. SOMETHING I'M PROUD OF
 3. I LOOK FORWARD TO TODAY
 4. SOMEONE NICE TO YOU
 5. THING MAKES YOU HAPPY
- PLACE YOU ENJOY BEING

THOUGHTS:

1. SOMETHING LEARNED/LEARNING
2. FAVOURITE/WOST MOMENT
3. WHAT WENT WELL / DIDN'T
4. HOW ARE YOU FEELING?
5. WHY?

TOMORROW:

MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:	SUNDAY:
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