



## **THE TOTAL FITNESS & SELF LOVE PROGRAM**

### **Week 8**

#### **Morning and Evening Routine Workbook**

#### **RECAP FROM THE LESSON:**

Having a morning and evening routine is important to stay connected to yourself.

Connecting your mind, body and spirit will ensure you are feeling your absolute best as much as possible.

It's important to continue to put yourself first. This will encourage a loving, trusting relationship with yourself for your entire future. This relationship with yourself will continue to be built the more you stand up for yourself and live your life for YOU. You will find more strength in standing up for yourself and taking your time back (saying yes or no, for YOU – no one else), because you're cultivating how to make plans with yourself.

If anyone asks you can just tell them, "I am already scheduled then." Simple as that. Also, remember that No is a complete sentence.

It takes practice to change a habit, so don't be discouraged, have fun with it.

\*Remember: You are important! You are the most important person in your life, so treat yourself that way.

Creating healthy habits for yourself:

Practice ⇔ Repetition ⇔ Habit

## **PART ONE: WHAT ARE YOUR AM & PM ROUTINES?**

MORNING ROUTINE: (write it here)

Wake up time

Ideal:

Actual:

First thing upon waking:

Second (thing you do upon waking):

Third:

Fourth:

Fifth:

(add more if necessary)

## **EVENING ROUTINE:**

First thing you do before bed:

Second:

Third:

Fourth:

Fifth:

(add more if necessary)

Time of bed

Ideal time:

Actual time you get to bed:

## **BONUS**

### **PART TWO: ASSESSMENT OF ROUTINE**

What did you enjoy?

What didn't work out as planned?

How much time did you give yourself today?

Were you rushed? (If so, how can this be improved next time?)

Did you feel inspired and/or creative? (If so, what did you do?)

What would you change/do differently next time?