MORNING menu

Month: _____

MMC

LIVE/ON-DEMAND MMC SESSION	
MMC RESOURCE	
GET READY WITH ME	

Calm

JOURNAL	
MEDITATE	
PHONE-FREE TIME	

Energise

MOVE	
HYDRATE	
GET OUTSIDE	

Mind

READ	
PLAY A GAME (E.G. SUDOKU)	
LEARN/STUDY	

Play

LISTEN TO MUSIC	
COOK/BAKE	
MAKE ART	

Connect

WITH NATURE	
WITH A PET	
WITH A LOVED ONE	

Pick your activities each morning - then add a tally mark.

Total up at the end of the month!

MORNING MOTIVATION CLUB