

# MORNING ROUTINE

**S**

**Silence is a decuttering of the soul.**

(Emily P. Freeman)

*5 minutes of silence, prayer, or meditation*

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**A**

**I will be kind to myself and others today.**

*5 minutes to remind myself of what is true - affirmations*

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**V**

**You can't go back and change the beginning,  
but you can start where you are and change the ending.**

(C.S. Lewis)

*5 minutes of visualization*

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**E**

**Making excuses burns zero calories per hour.**

*10-30 minutes of exercise*

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**R**

**Reading is to the mind what exercise is to the body.**

(Joseph Addison)

*10-15 minutes of reading*

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**S**

**Start writing, no matter what.**

(Louis L'Amour)

*10-15 minutes of writing*

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