

## **Life begins each morning.**

Joel Olsteen

**How is your morning routine affecting your day?**

**Is your morning filled with stress? Are you rushing around trying not to be late? Are your thoughts filled with dread and worrying about everything you have to do today?**

**Or do you have plenty of time for yourself each morning to exercise, pray, meditate and visualize how great a day you will have?**

**Even if you are not a morning person, try waking up 15 to 30 minutes earlier so that you have time to set your mind and your day up for success. Taking the time to settle your mind and think about making today great will pay off in your happiness.**

*Put your hand on your heart and say:*

**I choose to take control of my mornings and include activities that intentionally set my day up for success and happiness.**