

# CREATE YOUR OWN *morning routine*

1. WHAT IS YOUR CURRENT WAKE UP TIME?

2. WHAT STRESSES YOU OUT IN THE MORNING?

3. WHAT BRINGS YOUR HAPPINESS IN THE MORNING?

4. WHAT DO YOU NEED TO DO IN THE MORNING? (AND HOW MUCH TIME DOES IT TAKE?)

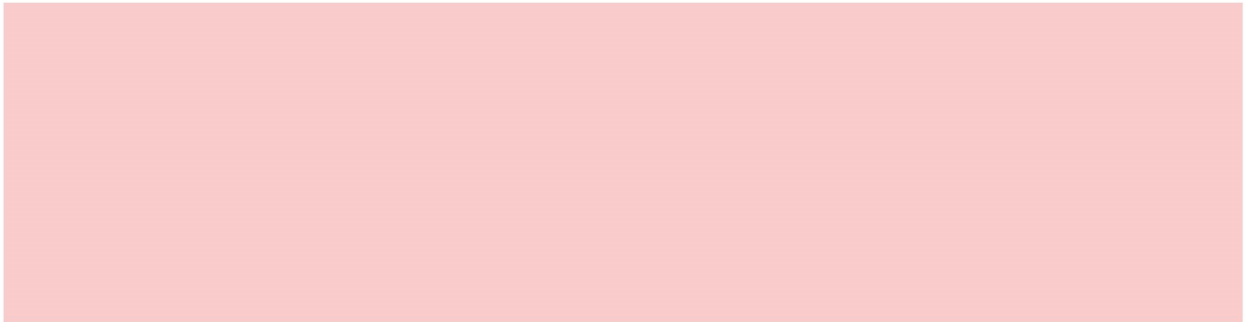
5. WHAT DO YOU WANT TO DO IN THE MORNING? (AND HOW MUCH TIME DOES IT TAKE?)

# CREATE YOUR OWN *morning routine*

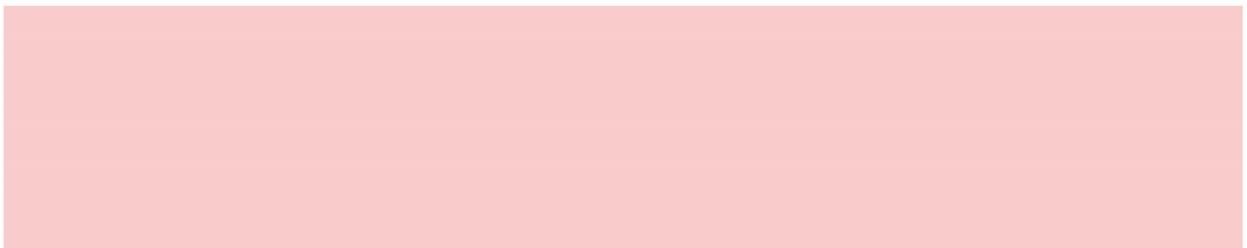
6. WHAT WOULD HELP YOU BE SUCCESSFUL?

A large, solid light red rectangular area that has been redacted, covering the response to question 6.

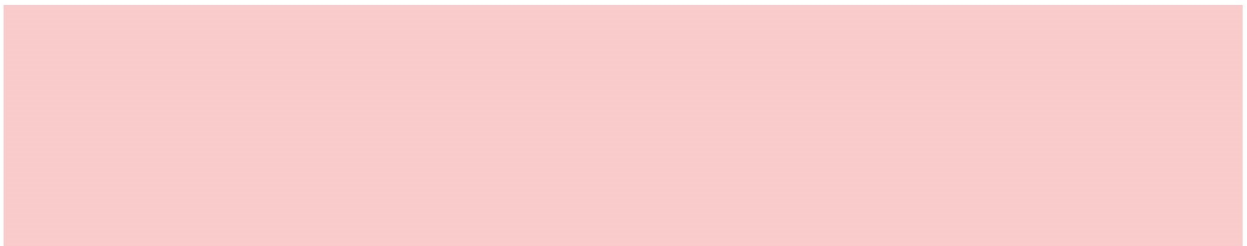
7. WHAT WOULD THROW YOU OFF TRACK?

A large, solid light red rectangular area that has been redacted, covering the response to question 7.

8. WHAT RESOURCES CAN YOU USE? (THINK TECHNOLOGY, BOOKS, ETC.)

A large, solid light red rectangular area that has been redacted, covering the response to question 8.

9. CAN ANY TASKS BE MOVED TO ANOTHER TIME OF DAY?

A large, solid light red rectangular area that has been redacted, covering the response to question 9.

10. WHAT IS YOUR IDEAL WAKE UP TIME?

A large, solid light red rectangular area that has been redacted, covering the response to question 10.



