



# Worksheet: Discover Your Miracle Morning

Written by Britney Shawley | Miracles of Mind

Please answer these questions if you want to discover your miracle morning routine. Put a number beside each question to determine which order you will do each step in, every morning. Hope this workbook is helpful in setting your day right.

## Set your Day with Intention:

Who do you want to BE this day? (one word) \_\_\_\_

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How do you want to feel on this day? \_\_\_\_

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What do you want to have happen today? \_\_\_\_

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## Set Your Mind Right:

What do you choose for stillness? Do you Pray? Recite Gratitude? Deeply Listen? Contemplation? Presence? For How long? \_\_\_\_\_ Where? \_\_\_\_\_

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What do you choose for reading / journaling? How long? \_\_\_\_

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Do you choose to sit with, read & apply ACIM text? How long? \_\_\_\_

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Do you choose to read and sit with your ACIM for the day? How long? \_\_\_\_

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**Care for your Body/ Family:**

What do you choose for body cleanliness? (teeth, face wash, shower, bath etc)\_\_\_

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What do you choose for movement? (stretch, walk, run, exercise etc)\_\_\_

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What do you choose for your family? (can you help your family start the day right? Prep food?)\_\_\_

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What do you choose to eat that will nourish / break-your-fast? \_\_\_

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What do you choose for hydration? \_\_\_

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Anything else you want to include?\_\_\_

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## WRITE YOUR FULL MIRACLE MORNING ROUTINE HERE

I want you to use what you wrote above and create a statement, almost like a mission statement, for your miracle morning. Be sure to include the place you will do each activity, and approximately how long you will do it for. For example \*I wake up and immediately pray/ask for the kind of day I want. I then put on my slippers and housecoat and brush my teeth. I go to the kitchen and run the water. I get a big cold glass of water, then boil the kettle and make a warm lemon water tea. I stretch on my yoga mat, or play a 15 minute morning yoga class on Gaia, then I drink my tea in my chair in the living room while I read my ACIM lesson and slip into meditation for 10-15 minutes. “



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**If you are beyond busy one morning and cannot do your full miracle morning routine, what are your TWO non negotiables from the above list that you will do everyday, without compromise?**

**Need any apps or tools to support you?** (eg. [ACIM app](#), yoga matt, [Calm app](#), etc)

**Knowing why you are doing something will help you remain committed to what it is you are deciding to do. So what is your WHY? Why are you doing this Miracle Morning Routine? What are you doing it for?**

*“Don’t look for motivation. Find your WHY- then no excuses will come between you and your goals.”  
- Simon Sinek*

Sign here if you agree to do your miracle morning everyday, to the best of your ability until it becomes a habit.

X

