

# POSITIVELY YOU ROUTINE

By integrating actions aligned with your goals into your daily routines, you create a powerful synergy between intention and behavior, enhancing the likelihood of achieving your desired outcomes.

1

## **Mindful Meditation** (5 minutes)

Practice mindfulness to start the day with clarity and focus, setting a positive tone for goal pursuit.

2

## **Exercise Routine** (10-15 minutes)

Engage in a workout to boost energy levels, enhance mood, and improve overall physical well-being, supporting your goals.

3

## **Goal Setting, Action & Visualization** (10 minutes)

Write your goals and break them into actionable steps. What actions will you do today. Keep in mind over time they will change as you grow in this journey

Take action, remember the why and visualize the successful completion of these steps, reinforcing your commitment and motivation.

4

## **Reading for Learning** (10 minutes)

Read relevant material to gain insights and knowledge, aligning with your personal or professional growth objectives.

5

## **Journaling for Reflection** (5-10 minutes)

Note goal progress, and identify areas for improvement. Express gratitude to foster a positive mindset and appreciation for the journey. Spend your day being grateful and find something to look forward to. When you're hit with challenges allow yourself to grow from it. When you're grateful every minute you're able to deal with struggles and challenges better.

6

## **Mindful Eating Throughout the Day** (5-10 minutes)

Fuel your body with nutrients it needs to function, providing the fuel and focus needed to tackle your day's objectives.