

MORNING REWIRE

What is my current mood?

What is my 1st objective today?

What are potential challenges I will face today?

What are 3 ways I can prevent it?

If it happens, what are 3 ways to minimize the challenge?

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|----------|---|----------|----------|----------|----------|----------|----------|
| 1. _____ | → | 1. _____ | 2. _____ | 3. _____ | 1. _____ | 2. _____ | 3. _____ |
| 2. _____ | → | 1. _____ | 2. _____ | 3. _____ | 1. _____ | 2. _____ | 3. _____ |
| 3. _____ | → | 1. _____ | 2. _____ | 3. _____ | 1. _____ | 2. _____ | 3. _____ |
| 4. _____ | → | 1. _____ | 2. _____ | 3. _____ | 1. _____ | 2. _____ | 3. _____ |
| 5. _____ | → | 1. _____ | 2. _____ | 3. _____ | 1. _____ | 2. _____ | 3. _____ |

How are these challenges helping me grow?

- _____
- _____
- _____

What are the 7 biggest action items today I'm going to accomplish?

- _____
- _____
- _____
- _____
- _____
- _____
- _____