

1 – L O V V E R S MORNING RITUAL

1	1-60 Minutes of Work upon waking				
L	Let's breath deeply for 60 seconds to 6 Mins				
O	One Affirmation. <i>I am ...</i>				
V	Victories yesterday	<table border="1"> <tr> <td></td> <td></td> <td></td> </tr> </table>			
V	Visualise success or progress today	<table border="1"> <tr> <td></td> <td></td> <td></td> </tr> </table>			
E	Exercise for 6-60 Minutes				
R	Read for 6-15 Minutes				
S	Send gratitudes to Others				

References:

Atomic Habits, Jame Clear

Tiny Habits, BJ Fogg

The Miracle Moroning, Hal Enrod