

MASTERING your MORNING with PEACE



- ☐ The KEY to a great morning is starting the NIGHT BEFORE

- ☐ NIGHTTIME BLUEPRINT Checklist - Perfect the three major zones of your home and then slowly add-in more

- ☐ Create a WIND-DOWN bedtime routine for YOURSELF
journal, read, listen to music, use a weighted blanket, etc.

- ☐ What does being able to start your day with *peace* mean to you? List three benefits of starting this routine