



## Morning Empowerment™

These morning ritual questions are an incredible way to start each day. Print this off, place in your shower, bathroom mirror, or use during exercise.

"If today were the last day of my life, would I want to do what I am about to do today?"  
Whenever the answer has been "No" for too many days in a row, I know I need to change something." – Steve Jobs

- 1) What are two things I can accomplish before 10am? (that will fulfill my mission)
- 2) What are two things someone has done for me that I should be grateful for?"  
Especially your partner!!! Now that you know two things, be sure to tell them sometime today!!!
- 3) How can I brighten their day? (Their?... Start toward the top of the Hierarchy of Relationships)
- 4) What are two things that I am happy about?
- 5) What are three things I'm grateful for?
- 6) What is one thing the Universe has done for me to make my life even better?
- 7) Who can I serve today and how?
- 8) What is one thing the Universe wants me to do today?

This week... this month... this year?

### Bonus – To Find Your Edge:

Ask – In what ways am I shrinking or holding back?

### Bonus

What meaning can I create today with my beliefs?

"I feel \_\_\_\_\_ (choose something good that you want to feel)

when \_\_\_\_\_ (make a rule that is super easy)

Example: "I feel happy when I smile in conversations"

Example: "I feel grateful when I feel myself breathe"

Check In – What is one thing I am doing within 30min. of waking up each day?... That will give me a real sense of accomplishment? Hint: Exercise! (with personal development audio)

This creates tremendous certainty and later turns into even more self-confidence.



## Evening Sacred Time™

These questions will assure that you don't learn the same lessons over and over again. They will also help you to more deeply align to your potential.

Instructions: Choose a quiet Sacred Area to go to during the sunset each day. This is a place to reflect, ponder, get inspiration, to give thanks, etc.

“Pondering often precedes contentment.”

“Performance is what matters, not the size of the stage.”

“Yearning for expanded opportunities, while failing to use those at hand, is bad form, spiritually.” – Neal A. Maxwell

Ponder the Following: Hint – use wide angle vision

1) What am I Grateful for?

2) What did I accomplish today?

Give yourself several examples... especially of the small and simple steps of the Slight Edge

The purpose is to celebrate and hold yourself accountable. Also review the two items before 10am.

3) What worked?

4) What can I do better?

5) What is the Universe trying to teach me?

6) What are the Creator's desires for me?

7) What is one thing the Universe has done for me to make my life even better?

(write it down in a short journal entry for your posterity)

8) What are two things I can accomplish before 10am tomorrow? (that will fulfill my mission)

Ex. – As a parent, I will create a real moment of with my child

Ex. #2 – As a leader, I will make one sale before 10am Prosperity Planner™