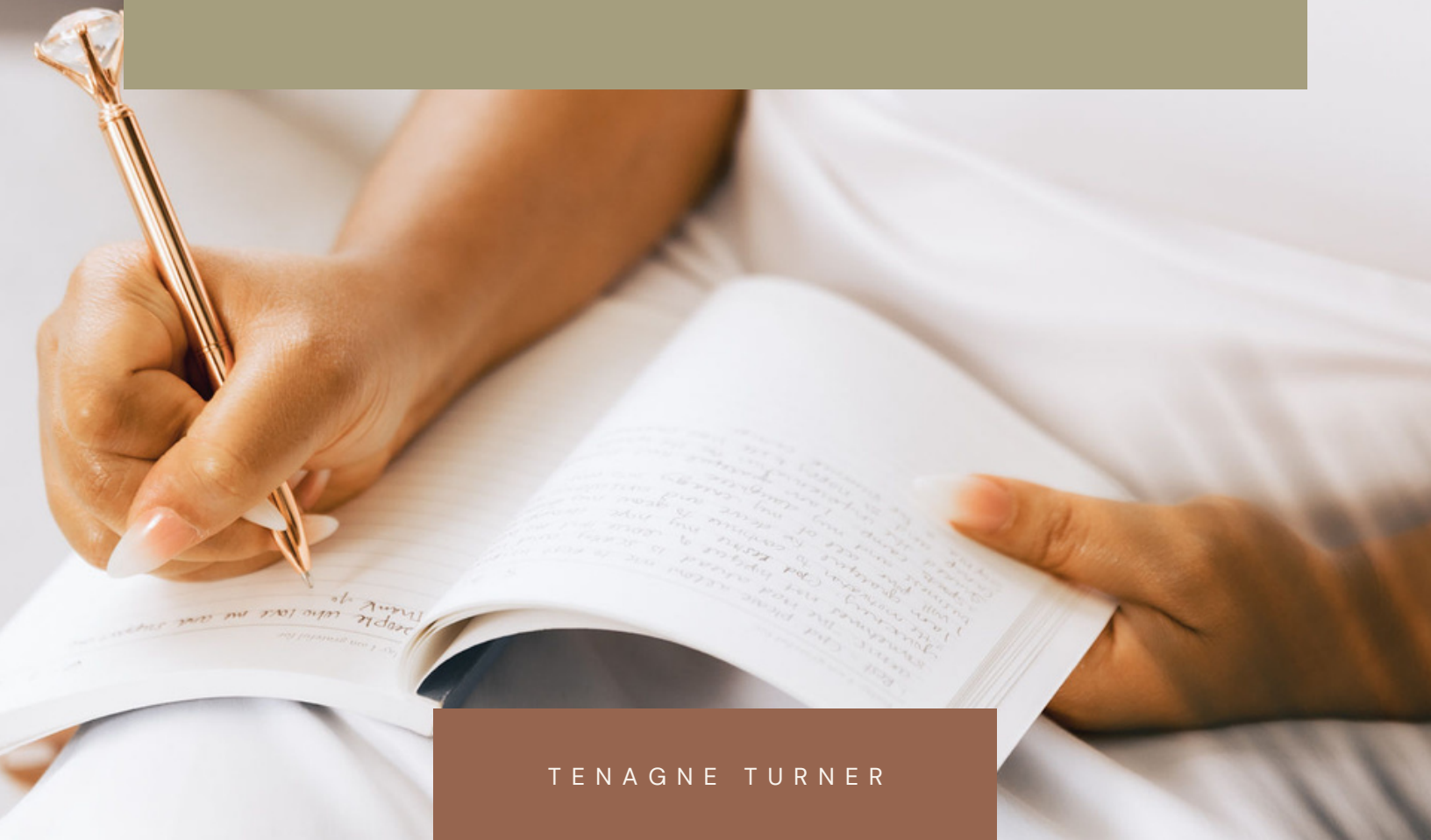


7 DAYS OF TRANSFORMING YOUR  
MORNING ROUTINE

# MIND YOUR MORNING

ARE YOU READY TO FEEL LESS  
STRESSED, MORE FOCUSED, HAPPIER  
AND PRODUCTIVE IN YOUR LIFE?



TENAGNE TURNER



# WHY A MORNING ROUTINE?

My name is Tenagne Turner and I've spent the last five years increasing my income by developing and teaching the mindset and habits of successful entrepreneurship to high achieving women. I began to shift my perspective of success to establishing a few small disciplines practiced every day and it changed my life.

That level of discipline and consistency became an essential part of my success and harmony as a mama-preneur. I wanted my daily activities to prioritize my values and the highest version of myself as the CEO of my life.

Who you are and what you value show up in the way you spend your time, your morning, and your daily routine. It becomes a part of your identity. My goal is to help 100 women establish a high level vision, become the CEO of their lives and start showing up as her, little by little, day by day.

*Tenagne Turner*



# MIND YOUR MORNING

7 Day Challenge  
To Create  
Morning Habits  
With Purpose

## DAY 0

### Welcome to Mind Your Morning

The importance of taking time for you and how to get the most out of this program

## DAY 1

### Aligning Your Routine To Who You Want to Become

How to define your level 10 vision and align with your values

## DAY 2

### Creating Morning Habits to Start Your Day With Purpose

It's your morning and your personalized routine to help you to form meaningful habits and shift your focus

## DAY 3

### Keeping Your Morning Routine Simple

Keeping it simple is the secret to a successful morning routine and gives you the opportunity to break free of what's holding you back

## DAY 4

# Journaling with Intention and Gratitude

By being intentional with your journaling and finding gratitude in the small things, you'll find it attracts more blessings

## DAY 5

# Planning Creates Consistency In Your Morning Routine

Consistency is Queen! To achieve success we need to let go of fears and embrace a new consistency in our lives

## DAY 6

# Filling Your Cup with Prayer and Devotion

Making prayer a priority and creating spiritual habits will help you to find your alignment

## DAY 7

# Releasing Perfections In Your Morning Routine

The feeling that we have to do things perfectly can actually hold us back from fully embracing our lives. Let go of that need for perfection and shift your focus to truly change those habits.





# IF YOU WIN THE MORNING, YOU WIN THE DAY.

The next 7 days will transform the way you wake up and  
prioritize self care, happiness and productivity.

# LET'S GET STARTED

Decide who you want to become and then align your habits and small disciplines to that identity. Your behaviors are usually a reflection of your identity. What you do is an indication of the type of person you believe you are, either unconsciously or consciously. I began a framework for a morning routine two years ago because I wanted to form the habit of gratitude. Yes, I'm a morning person and if you're not a morning person, that is even more motivation for you to think about how you want to start your day.



You are here because you crave the discipline and consistency that is associated with high levels of productivity and success. You are here because you've been neglecting the little things that prioritize self care, focus, and positive thinking. Understand that you are always one decision away from creating the life you desire for yourself. Developing and sustaining gratitude throughout life's experiences fosters joy in the waiting room. So as you refine your morning routine, make sure it aligns with who you want to become.





The next 7 days will be about focusing on the good things in your life that bring feelings of inner peace and happiness. Being grateful allows you be happy with what you have right now. It stops you from carrying anxiety and worry into your daily activity.

One way to do that is to write 1-3 things you are grateful for, everyday. In addition to your morning routine, you will spend at least 5-10 minutes daily over the next 7 days, journaling through the discussion prompts. These questions are meant to foster deep thinking and feelings of gratitude. When your focus is on personal development and mindset early each day, you will find that you are more productive, happier, and successful. Your levels of success in every area of your life will almost always be a result of your habits.

## CHEERS TO THE NEXT 7 DAYS OF TRANSFORMATION!



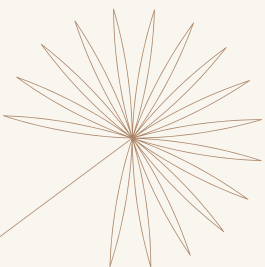
DAY 0:

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# WELCOME TO MIND YOUR MORNING

The importance of taking time for you and how  
to get the most out of this program





# DAY 0: WELCOME TO MIND YOUR MORNING

As wives, mothers, sisters and daughters, we are caregivers. It's in our nature. But there comes a time when we need to stop and give thought to ourselves. That can be incredibly difficult when you are used to helping others and not yourself. However, neglecting your own needs can build up resentment, stress and even illness!

Think about what you want to get out of this program. Why are you here? Is it because you are tired of running around like a chicken with it's head cut off? Or because you are exhausted by life in constant crisis mode.

You might also be here because you've realized it's time to make a change to something different.

**In thinking about why you decided to take this program,**

.....  
**Write down what your normal day looks like - include the moments of stress, chaos and frustration.**

.....  
**How do you feel when you wake up in the morning?**

.....  
**What would you like it to look like instead?**

.....  
**How would you feel with less chaos in your daily life?**

.....  
**Do you have a self care routine that you do regularly or is it only when you are at your absolutely breaking point?**

.....  
**When was the last time you took time to yourself?**

.....  
**Are you ready to take time each day to complete this program and put yourself first?**

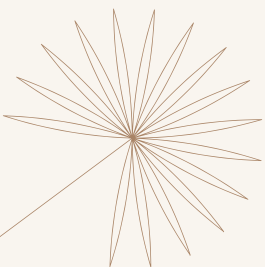


DAY 1:

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# ALIGNING YOUR ROUTINE TO WHO YOU WANT TO BECOME

How to define your level 10 vision and  
align with your values



# DAY 1: ALIGNING YOUR ROUTINE TO WHO YOU WANT TO BECOME

If you are taking this program, it's because something just doesn't feel right with life at this moment. That could be for any number of reasons, but the most important part is that you recognize that something needs to change. And so it's time to align your current routine with what you actually want and who you want to become.

But you can't do that without defining your level 10 vision or aligning with your values. There are 10 areas of your life that we are going to look at and for each of those areas, **I want you to write down what your ideal levels of success and satisfaction is in each of them.**

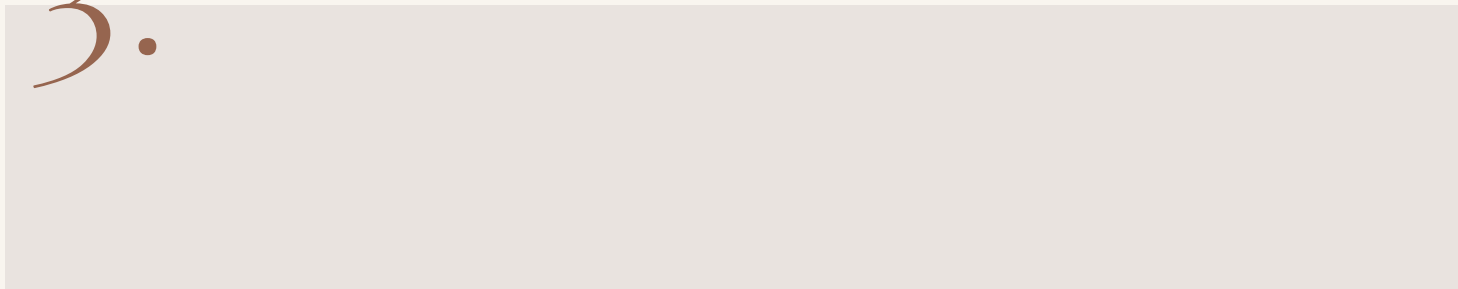
## 1. BUSINESS AND CAREER

1.

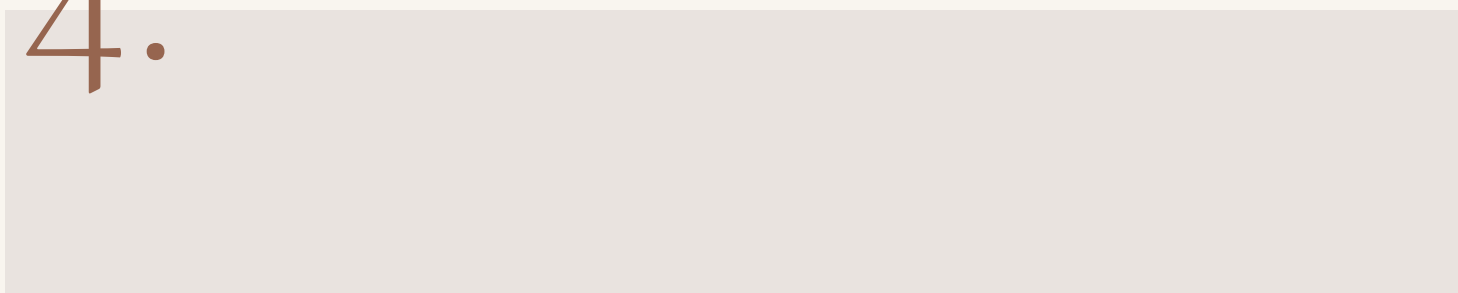
## 2. FAMILY AND FRIENDS

2.

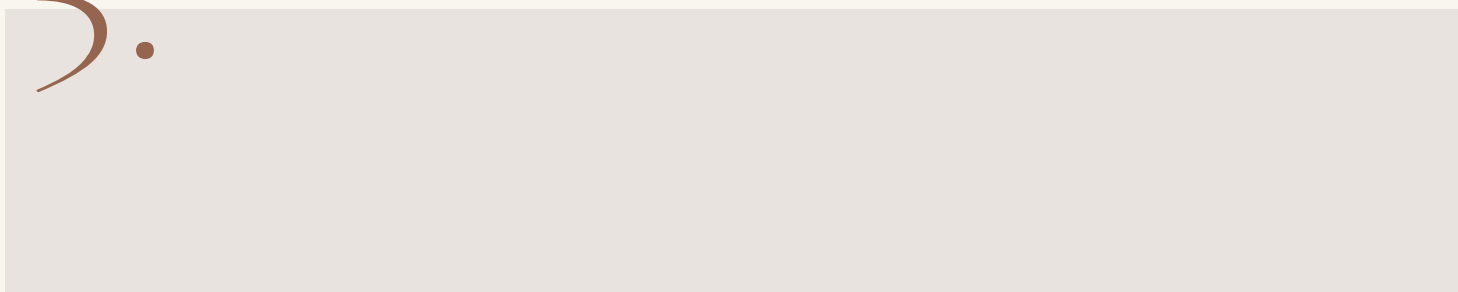
### 3. CREATIVITY



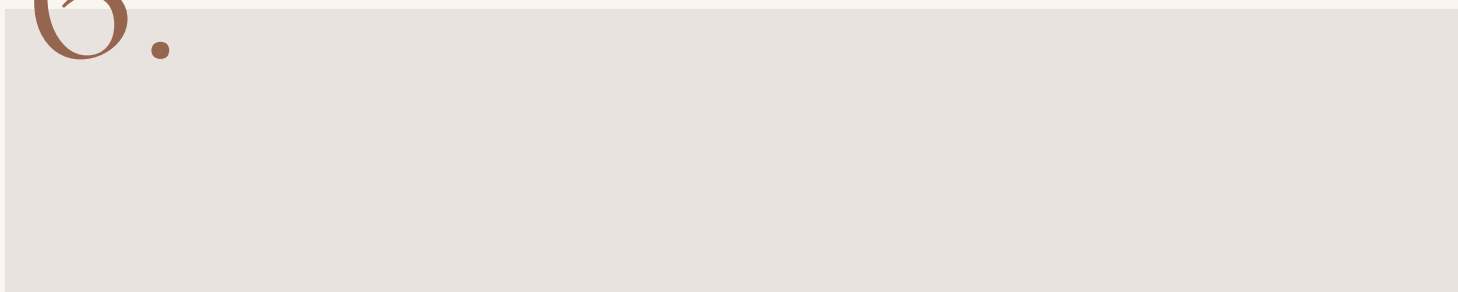
### 4. SPIRITUALITY



### 5. SKILLS



### 6. PERSONAL GROWTH





# 7. HEALTH AND FITNESS



# 8. RELATIONSHIPS



# 9. FUN & RECREATION



# 10. COMMUNITY



On a scale of 1 to 10, where do you think you are in each of these areas?

BUSINESS AND CAREER	1	2	3	4	5	6	7	8	9	10
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FAMILY AND FRIENDS	1	2	3	4	5	6	7	8	9	10
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CREATIVITY	1	2	3	4	5	6	7	8	9	10
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SPIRITUALITY	1	2	3	4	5	6	7	8	9	10
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SKILLS	1	2	3	4	5	6	7	8	9	10
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PERSONAL GROWTH	1	2	3	4	5	6	7	8	9	10
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
HEALTH AND FITNESS	1	2	3	4	5	6	7	8	9	10
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
RELATIONSHIPS	1	2	3	4	5	6	7	8	9	10
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FUN & RECREATION	1	2	3	4	5	6	7	8	9	10
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
COMMUNITY	1	2	3	4	5	6	7	8	9	10
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Which of these are the most important to you** – where are the priorities? Some of you might find it's business and career while others may focus on personal growth or family and friends. Whatever it is, write down what is important to you, not what others think you should do or how you should prioritize.



What do you need to do in order to raise the level to bring yourself to a 10 in each of those areas?

During your morning routine, your goal is to think about how you are going to get from where you are now to where you want to be in each of these areas of your life.

What small changes can you start to implement now to get you there? Rome wasn't built in a day and you don't have to make massive changes in order to start the process towards achieving a 10.

**Consistency is the queen here** and if you can start to make these micro changes and stick to them, before you know it, new positive habits are formed. It's like muscle memory and will become a part of your new routine.

Think about your morning routine – the more you reflect on who you are, where you want to go and how you are going to get there, the more you recognize what values are most important to you.

Through this process, what values have you realized are the most essential to helping you along your journey?

For me, I realized that I wanted to become a more grateful person and that I wanted that to be a part of my values and to incorporate that into my daily life and work. I didn't do anything complex in order to become more grateful – in fact, what I did was simple – I started a gratitude journal where I make sure I write down at least three things per day that I'm grateful for.

So you don't need to make massive life altering changes – change can be small and it can happen over time. The goal is that you make progress.

Now that you've given some thought to the values that are important to you, write them down below:

A large, empty rectangular box with a thin black border, intended for writing down the values identified in the previous step.





# NOW THINK.

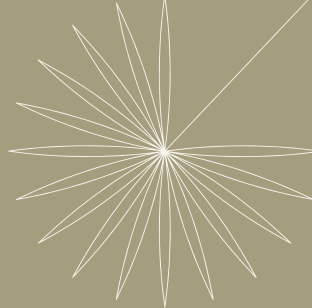
How do you define this value?

What actions and activities reflect this value?

What else could you do to further align yourself with this value?

Could you do more to include this value in your daily life?

# DAY 1 REFLECTION AND 5 MINUTE WIN:



Of all of your level 10 areas, which one do you want to see improve the most and why? What would it mean to you if you could make these changes and how would it affect your life?

**5 Minute Win:** Write down a list of your top 10 values. Choose 3-5 and decide on simple actions to integrate those values into your morning routine.

## TOP 10 VALUES:

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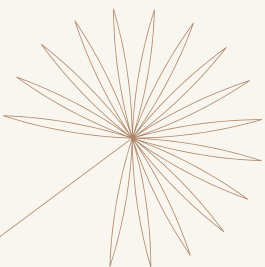


DAY 2:

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# CREATING MORNING HABITS TO START YOUR DAY WITH PURPOSE

A personalized morning routine will help  
you to form meaningful habits



# DAY 2: CREATING MORNING HABITS TO START YOUR DAY WITH PURPOSE

There are tons of success habits that you can use start your day but your consistency lies in creating morning habits that are intentional for you. I used the SAVERS framework from Hal Elrod who wrote *The Miracle Morning* for a long time before I locked into a routine that was purposeful for me.

Elrod stresses the importance of one uninterrupted hour each morning to yourself, but what if that looks different for YOU? What if you only have 30 minutes, can you commit to that? There will be different seasons in your life where your morning routine will change and different habits will be more essential to your well being than others. You need to be able to recognize that and create consistency with meaningful habits.

**Here is the breakdown of SAVERS:**

SILENCE (Prayer, meditation, gratitude)

AFFIRMATION (Success affirmation example)

VISUALIZATION (Vision board technique)

EXERCISE (Stretching, yoga, pilates, cardio, peloton)

READING (Personal development, healing, Scripture, devotional)

SCRIBING (Gratitude journal, journal prompts, devotional, free write)

As you begin to design and create your personalized morning routine, think about the small daily disciplines that will truly have an impact on your happiness and productivity for the day. The activities that energize you, center you, and motivate your inner drive. Think about the habits that elevate your growth and personal development over time.

#### HERE ARE SOME EXAMPLES:

- Make your bed
- Drink water
- Brush your teeth
- Eat a healthy breakfast
- Guided meditation
- Yoga
- Stretching
- Drink a smoothie
- Gratitude journaling
- Bible app
- Prayer / devotional
- Read a book
- Listen to a podcast
- Make a daily to do list
- Drink a cup of tea / coffee
- Motivational music
- Journaling
- 5 minutes of silence
- Go for a walk
- Water plants
- Take a shower
- Take vitamins
- Get dressed
- Skin care routine
- Write down 10 new ideas
- Affirmations
- Power cardio
- Vision board visualization
- Mindfulness exercise

By creating habits that make you feel good, brighten the start of your day and create a sense of calm, we find our day reflecting that same tone.

In your “old” life, there was chaos from the moment you woke up til the moment you went to bed – what do you see is the difference between now and then.

To achieve your goals, you need to follow a process. This is a part of the journey. By creating morning habits, we are starting the journey and helping you to focus in the right direction. Having goals and visions are important but the process of getting there is equally as important as what you want to achieve.

So as you create your morning routine, I want you to think about some of these examples that you can incorporate into your daily regimen. Which ones do you think would mean the most to you and that you could see yourself doing on a daily basis? Remember, not everything has to be in stone or forever. Today you may want to read a book and tomorrow you may feel like yoga. The purpose is to take time to yourself doing something that helps you to start your day on a positive note and gives you the opportunity to reflect on your goals and visions and how to achieve them.

# MY MORNING ROUTINE:

TIME:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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AFFIRMATION:

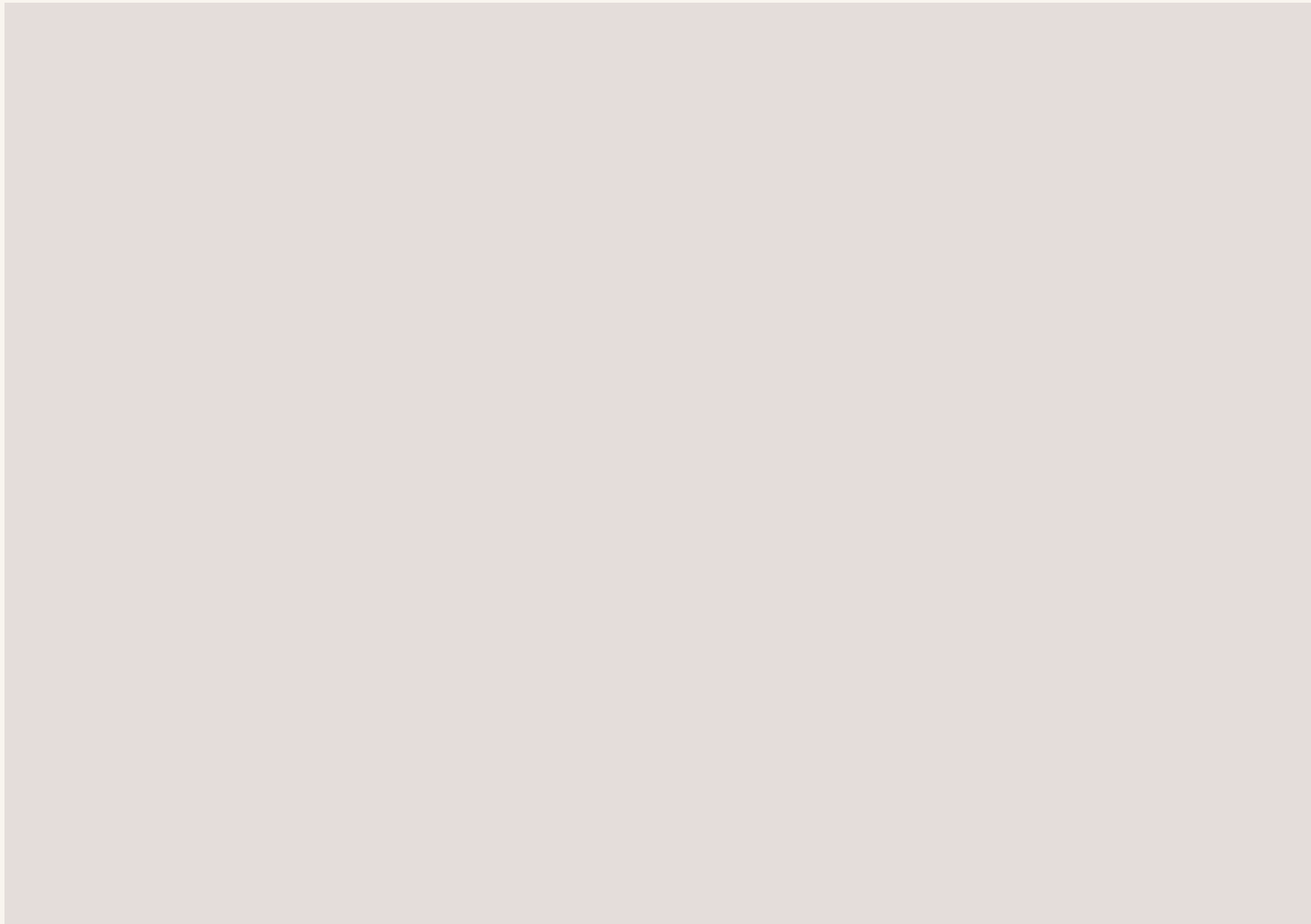
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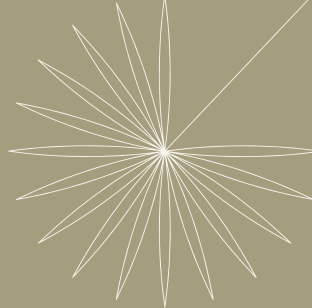
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- Take time to really connect and tune in to how you want your morning routine to go.
- Customize your personal routine for at least 30 minutes in the morning.
- Describe the habits in each category that you will develop and the amount of time will spend on them.
- Think about habits in the following categories: prayer, meditation, wellness, exercise, reading, journaling, affirmations, self-care.



# DAY 2 REFLECTION AND 5 MINUTE WIN:



You've started the process of creating your morning routine. What about it brings you joy? What have you learned about yourself and your needs through the process of creating new, more positive habits in your life?

**5 Minute Win:** Create your ideal morning routine using examples from the 30 habits. Write your morning flow of activities on the habit tracker on the next page.

# HABIT TRACKER

MONTH OF \_\_\_\_\_

---

HABIT:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

HABIT:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

HABIT:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

HABIT:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

HABIT:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

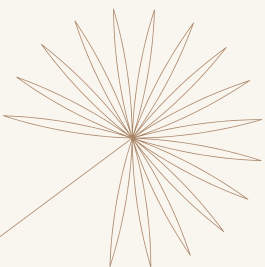


DAY 3:

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# KEEPING YOUR MORNING ROUTINE SIMPLE

Keeping it simple is the secret to a successful morning routine and gives you the opportunity to break free of what's holding you back



## DAY 3: KEEPING YOUR MORNING ROUTINE SIMPLE

One of the goals of this program is to reduce the stress in your life. So your morning routine shouldn't contribute to adding stress, but instead, should help you to reduce it. The secret is to keep things simple. You don't need to an overly complicated routine and it doesn't have to be perfect – it just has to be right for you, in this moment.

Creating your routine and establishing where you will do it every morning is completely up to you. But pick a spot in your home where you can be by yourself, uninterrupted, to give yourself that self-care you so deserve. And make this time yours.

By taking care of yourself, you'll find that you have more space and energy to give to others.

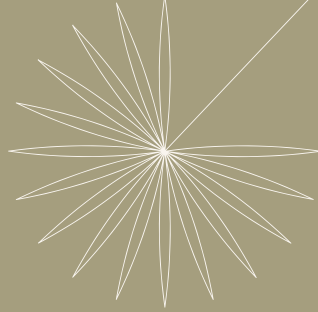
Keeping your goals and vision in alignment helps to keep things simple. When developing new habits in your morning routine, it's always best to choose small, consistent steps and gradually make it more challenging. Start small so that you don't overwhelm yourself with the changes. For example, if your goal is to exercise every morning, start with the habit of putting on workout clothes when you first wake up. Create some buffer time in between your habits in your morning routine schedule so you create more of a flow instead of a rigid outline.

What are some of the habits that you can incorporate into your daily routine that will have an impact on your life?





# DAY 3 REFLECTION AND 5 MINUTE WIN:



The most important thing related to the success of your morning routine is your consistency. It may be hard to feel like you have the time to do your morning routine, but will you give up when it gets challenging, or will you stay the course and keep going? What you believe about yourself dictates how you respond to obstacles like these. If you do not truly believe that you are worthy of being successful, then you will give up at the first sign of an obstacle. What beliefs do you need to reinforce on a daily basis to remind yourself that you are worthy, deserving, and capable of creating the morning routine AND the life you desire?

**Which beliefs do you need to adopt to create consistency in your morning routine?**

**5 Minute Win:** Decide if you'll have a 30 minute or 1 hour morning routine. What time will you need to wake up to have time for your morning routine? Set ONE alarm for tomorrow morning.

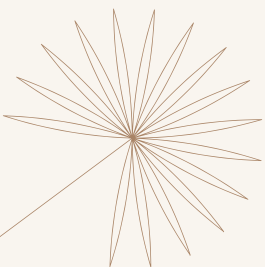


DAY 4:

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# JOURNALING WITH INTENTION AND GRATITUDE

By being intentional with your journaling and  
finding gratitude in the small things, you'll find it  
attracts more blessings



## DAY 4: JOURNALING WITH INTENTION AND GRATITUDE

Have you journaled before in the past? If you have, what did you enjoy about it? And if you didn't feel satisfied with it, what do you think you could have done differently to change that experience?

Often times in life, we are so focused on what's missing, that we forget to think about all the wonderful things we can celebrate in our lives. Taking the time to reflect on this gives us the opportunity practice gratitude.

And by doing so, we also bring more blessings into our lives. There is so much power in being in a constant state of gratitude.

**Write down 3 things you are grateful for today.**

1

2

3

Think about what your life would look like if you did this every day. Would you look at your life differently if you saw so many blessings adding up day after day? And in moments of doubt, to be able to look back at your gratitude journal will be uplifting and will remind you of all the wonderful things you have in your life.

It will also change your perspective. When we don't show gratitude, it reflects in other aspects of our lives. When we take a moment to give thanks to those moments, we are more centered and focused and we tend to hold ourselves back less. Doesn't that sound wonderful?

But being grateful doesn't have to be only in a journal. There are other ways you can be grateful in your life and express it to yourself or to others. Here are some ways you can cultivate gratitude:

- **Write a thank-you note** – writing a thank-you letter expressing your appreciation of that person's impact on your life or write one to yourself. Make a habit of writing at least one gratitude letter a month.
- **Keep a gratitude journal** – make it a habit to write down or share with a loved one thought about the gifts and blessings you've received each day.
- **Count your blessings** – pick a time every week to reflect on what went right or what you are grateful for, and write down your blessings.
- **Pray or Meditate** – Prayer always helps to cultivate gratitude and creates an environment for mindfulness meditation when you focus on what you're grateful for.

There is no right or wrong way to show gratitude, especially when you are intentional in your thoughts and actions. There is no need for perfection when showing gratitude.

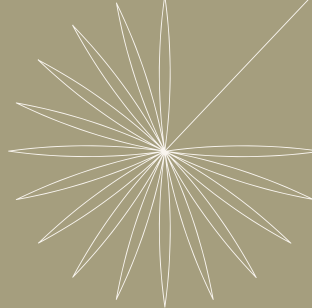
Today, I want you to start your gratitude journal. You can find journal prompts all over the internet if you are unsure of where to start. But I'll give you a little bit of help too to get you started and on your way.

### Journal Prompts:

- What are your favorite forms of self-care? When can you schedule these self-care activities this coming week?
- What is one thing/experience that gave you joy recently? What does this tell you about yourself?
- Imagine your perfect room or your 'happy place'. What does it look like? What views does it have? What furniture and items will be in it? What color scheme will it have?



# DAY 4 REFLECTION AND 5 MINUTE WIN:



## What are you grateful for today?

Even though we are grateful for different aspects of our lives, when we take a moment to reflect on what we are grateful for, it also reminds us of areas of our lives where things could be going better. Take a moment and note areas that you think you've been neglecting or not prioritizing. What can you do in the coming days to change this?

**5 Minute Win:** After your morning routine is complete, a good practice is to carry the energy of gratitude for the rest of your day. You can set two prayer alarms in your phone at two different times of the day. Use this time to quickly thank God for all of the things He has and continues to bless you with.



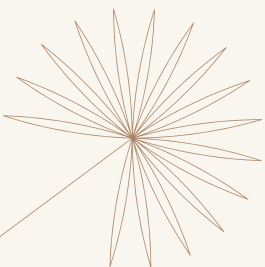


## DAY 5:

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# PLANNING CREATES CONSISTENCY IN YOUR MORNING ROUTINE

Consistency is Queen! To achieve success we  
need to let go of fears and embrace a new  
consistency in our lives



## DAY 5: PLANNING CREATES CONSISTENCY IN YOUR MORNING ROUTINE

That doesn't mean you can't have flexibility in your schedule - you may decide that even though you set out everything for coffee one morning, that you are actually more in the mood for tea. Or you may decide to go for a walk instead of yoga because it's just a beautiful morning. But the routine itself is most effective when you plan it out the day before.

It's much easier to following a routine when you are consistent about it and when you set the expectation that you will follow through every day.

### **A few tips for planning your morning routine:**

- Develop a well thought out game plan for your morning routine. You need a clear representation of the tasks before you. Your plans and goals for every aspect of your life are your visual chain.
- Keep your morning routine where you can easily see it. Take time every day to visualize the outcome of your steps.
- Plan your day the night before. Don't start your day until you have it planned. When you've mastered that, move to planning your week the week before.
- Set small daily goals and reward yourself for achieving them. Celebrate and encourage yourself often.

**When planning your morning routine the night before, what does it look like to you? Can you visualize it? How does it make you feel?**

When you can visualize your routine, you can see some of the steps that you may be able to execute the night before, saving you some time in the morning. Can you prepare items the night before such as school lunch or have the ingredients for your breakfast ready to go?

Sometimes in our routines, we are hesitant. We need to release fear in order to move forward and to achieve success.

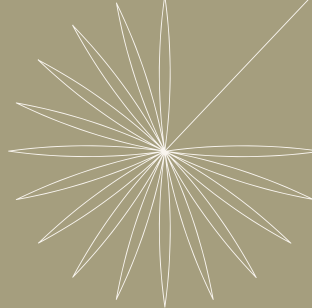
What if becomes a voice in our head. **Does that happen to you?**

If you are always holding back, think about the reasons why you do it. **What is it you are afraid might happen?**

When we release that fear, we start to take more control of our lives and can embrace our own success.



# DAY 5 REFLECTION AND 5 MINUTE WIN:



Understanding your fears is crucial to overcoming them. Be vulnerable and be honest with yourself below. Write down what fears, insecurities and/or doubts are holding you back from achieving everything you've ever wanted for your life, including establishing your morning routine:

A large, empty rectangular area with a light gray gradient background, intended for writing reflections and notes.

**5 Minute Win:** Choose a space, not your bed, to do your morning routine. What do you want in that space? Organize your space now. What small thing can you move into that space right now?

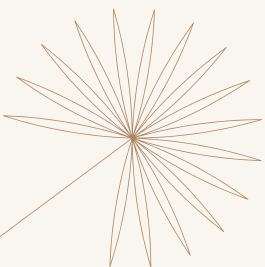


DAY 6:

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# FILLING YOUR CUP WITH PRAYER AND DEVOTION

Making prayer a priority and creating spiritual habits will help you to find your alignment



# DAY 6: FILLING YOUR CUP WITH PRAYER AND DEVOTION

Spirituality is a wonderful way to start off your day. You don't have to be religious to be spiritual and connect with with God to in order sustain a sense of peace and purpose.

**Close your eyes. Take a deep breath. Exhale.**

How does that make you feel? Even just one inhale and exhale can make you feel like you are in a calmer space. Do you feel it in your heartbeat as well? Take another breath. Exhale. Feel the calmness wash over you.

Not everyone enjoys being still or quiet. And that's ok. It's a process like anything else.

During these moments of silence, focus on your vision for the future. This is what will help to guide you through your day.

It's not important that your habits around spirituality are complex or fancy – they just need to be consistent and what is right for you. Having an effective daily prayer routine is vital for your spiritual growth and that is connected to how we pour into and impact others.

Often times when we pray, we do it on autopilot, not giving much thought to what it is we are saying. So it's important to connect with the words, speaking and thinking with intention.

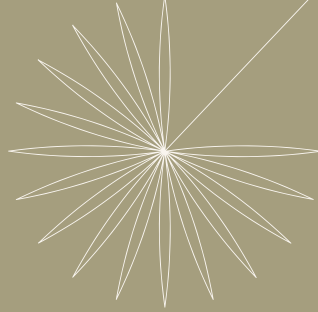
You don't need to spend a lot of time in prayer, it's important to do what works for you – whether that's one minute or 10, it's about prioritizing how important it is in your life and making the time for it as needed.

But don't let any obstacles stop you – if it's something you value and that's important, then make sure to find time. Maybe that's removing something else from your routine that doesn't have the same impact or importance to you.





# DAY 6 REFLECTION AND 5 MINUTE WIN:



Do you have specific obstacles that block your ability to effectively add prayer and devotions to your morning routine? If you struggle with time, where could you remove a habit that no longer serves you to make room for a few minutes of prayer? If you struggle with energy, consider where you spend your energy on insignificant details that prevent you from gathering the energy to make time reading a devotional. Is there something else that might be blocking you? What action can you take to overcome it? Make time and energy work for and not against you.

**Where do you struggle with time, energy and excuses for not making prayer & devotion a priority?**

**5 Minute Win:** Take time when starting and finishing your day to give thanks. This isn't just about showing gratitude, but about saying a prayer or devotion when you wake up in the morning and before you go to bed. Connect with your spiritual side.

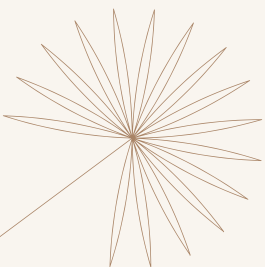


DAY 7:

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# RELEASING PERFECTIONS IN YOUR MORNING ROUTINE

The feeling that we have to do things perfectly can actually hold us back from fully embracing our lives. Let go of that need for perfection and shift your focus to truly change those habits.



## DAY 6: RELEASING PERFECTIONS IN YOUR MORNING ROUTINE

As women we often hold ourselves to an ideal that isn't achievable or attainable, at least not on a long term scale. And this aim for perfection causes stress in our lives and prevents us from truly experiencing life because we are constantly on the look out for the next item to check off the to-do list.

Having this expectation of perfection sets us up for failure. Things happen. Life happens. And no matter how much you plan, life often gets in the way and creates some obstacles. The reality is, we are human and flawed and setting these expectations isn't realistic and only sets us up for disappointment.

By shifting this focus from perfection to doing the best of our ability in a given moment, we are giving ourselves the permission to really start to live our a more authentic and fulfilling life.

Starting your day with negative self talk about the things you didn't do or that didn't go well the day before is not going to set the right tone for TODAY. So start your day with your morning routine that is full of positivity and focused on your future vision. It doesn't need to be perfect, just perfect for you.

When we focus on perfection, we tend to think about what isn't going right and how we need to fix it. It's time to pivot that thinking and focus more on the positive aspects of your experiences.

One way to do this is to focus on success instead of failure. By doing so, you'll find a shift in your mentality and recognize that when you focus on the positives, it begets more positive.



**Answer the following questions:**

1

Name an area in your life where you are prone to perfectionistic thoughts.

2

Recently, what negative thoughts did you associate with this area of your life?

3

What are the positive aspects of this area of your life that you have ignored?

4

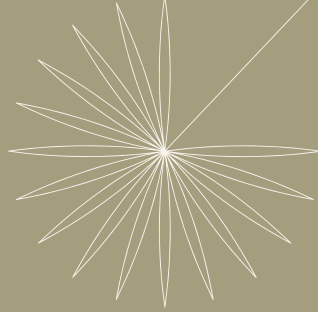
Self reflection: What have you realized?



**Shift your perspective** – think of an example of something you think you failed at. An example would be that you told yourself you would work out every day for 3 months. But instead of working out every day, you missed some days and now you feel like you failed.

However, when you look at the actual numbers, you see that out of the 90 days, you attended the gym 75 of them. That's a big number! So rather than seeing this as a failure because you didn't make 90 days, instead change the perspective to recognize what you did accomplish!!

# DAY 7 REFLECTION AND 5 MINUTE WIN:



Let's reflect over the new habits you introduced over the past 7 days. Remember, progress over perfection. How do you feel? What are you most proud of? Is there anything you would change or introduce into your morning routine? Your morning routine is yours to customize and implement. Take time to celebrate your small wins this past week and make bold declarations about your progress.

**How has your character, attitude and habits improved over the last 7 days?**

A large, empty rectangular area with a light gray background, intended for writing a reflection on character, attitude, and habit improvements over the last 7 days.

**5 Minute Win:** Update your habit tracker. Check off the habits you've already begun to do as a part of this challenge.



# Meet the GOOD SIS



I'm Tenagne, a mindset & accountability coach for women entrepreneurs.

I serve tough love & accountability to high achieving women who need to release perfectionism and become the CEO of their lives.

I've spent the last seven years increasing my income by developing and teaching the mindset and daily habits of successful entrepreneurship. I remember very vividly when I made the decision to transform my life and my financial future shortly after I became a mother. I knew that my daughter and I deserved more and I was ready to take the initiative to become more and do more, so I could earn more.

I began to shift my perspective of success to establishing a few small disciplines practiced every day and it changed my life. That level of discipline and consistency became an essential part of my success as a full-time entrepreneur. My background in psychology, education, top income earner in direct sales, and social media marketing directly influences my vision for how I show up for my clients and community. My goal is for women to establish a high level vision for their lives and start confidently showing up as her, little by little, day by day.

*Tenagne Turner*

## BOOK A CALL WITH ME

[Schedule a Discovery Call](#)

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