

Welcome!

Gradually build a healthy morning routine.

We'll support you!



Work on your first habit

Revel in the silliness

1

Read these instructions first

2

Close your eyes

3

Imagine yourself sleeping.

4

Visualize when you wake up to start
your day starting the Mindful Progress
application on your phone before
doing anything else

Homework

1

Lay out some comfortable workout-style clothes for tomorrow's habit practice.

(Hint: you won't need to workout)

2

Reset your alarm clock. You will need 15 minutes tomorrow to define your healthy morning routine

Congratulations!! Meet us here tomorrow morning

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Enough for Today!

 1



See you tomorrow when you wake up!