



Worksheet:

Discover Your Miracle Morning

Please answer these questions below. Also put a number beside each question to determine which order you will do each step in, each and every morning.

What do you choose as your 1st thoughts of the day? ___

What do you choose for hydration? ___

What do you choose for family? ___

What do you choose for stillness? ___

What do you choose for reading / journaling? ___

What do you choose for body cleanliness? ___

What do you choose for movement? ___

Do you choose to sit with, read & apply ACIM? Which sections? ___

BONUS: Mindset Prep

Please ask yourself these questions, and answer them as part of your morning & daily mindset care

How do I make mind training / healing a priority everyday? (example: Choose 3 times a day (ex. 8am, 2pm, 8pm) and set reminders on your phone so that you can: stop and listen within, and affirm “I am here to be truly helpful. I feel your peace and love in me now. Speak to me and through me now and for the rest of the day. Amen”)

When setting up your mindset in the morning:

Ask yourself 1 or all of these questions to help connect you with the power and guidance of this Loving Universe. Feel your answers in your heart.

What do I want to have happen today?

What do I want to FEEL today?

Where would you have me go?

What would you have me do?

What would you have me say?

And to whom?

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