BADASS HOMEWORK

Look at you; customizing your BADASS Morning Routine! Rock on, Mama! Below are some awesome ideas I wanted to share & key highlights to try plugging and playing into your Badass Morning Routine.

BADASS HIGHLIGHTS

> Find your deeper purpose for WHY you want to have a new and improved more Badass Morning Routine
> STEP 1. Your CURRENT Morning Routine - Get REAL with yourself!
> STEP 2. Your IDEAL Morning Routine - MAKE IT BIG! HUGE!
> STEP 3. Your IDEAL FOR NOW Morning Routine - Bridge the Gap!

BADASS IDEAS

> Go BIG every morning. Begin In Gratitude.
> Visualize your day going AMAZING!
> 5 minute Journal
> Play a Morning Song! Music to set the tone for my day!
> Affirmations on mirror
> One on one time with kids.
> Morning Tonic (whatever works for you)
> Workout (get that body moving!)
> Make a green smoothie
> Be the BADASS Mom you know you are!

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BADASS MOM
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DEEPER PURPOSE

MY CURRENT MORNING ROUTINE

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MY "IDEAL" MORNING ROUTINE

MY IDEAL "FOR NOW" MORNING ROUTINE

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