



FEMMEHEAD'S
30 DAY MORNING CHALLENGE

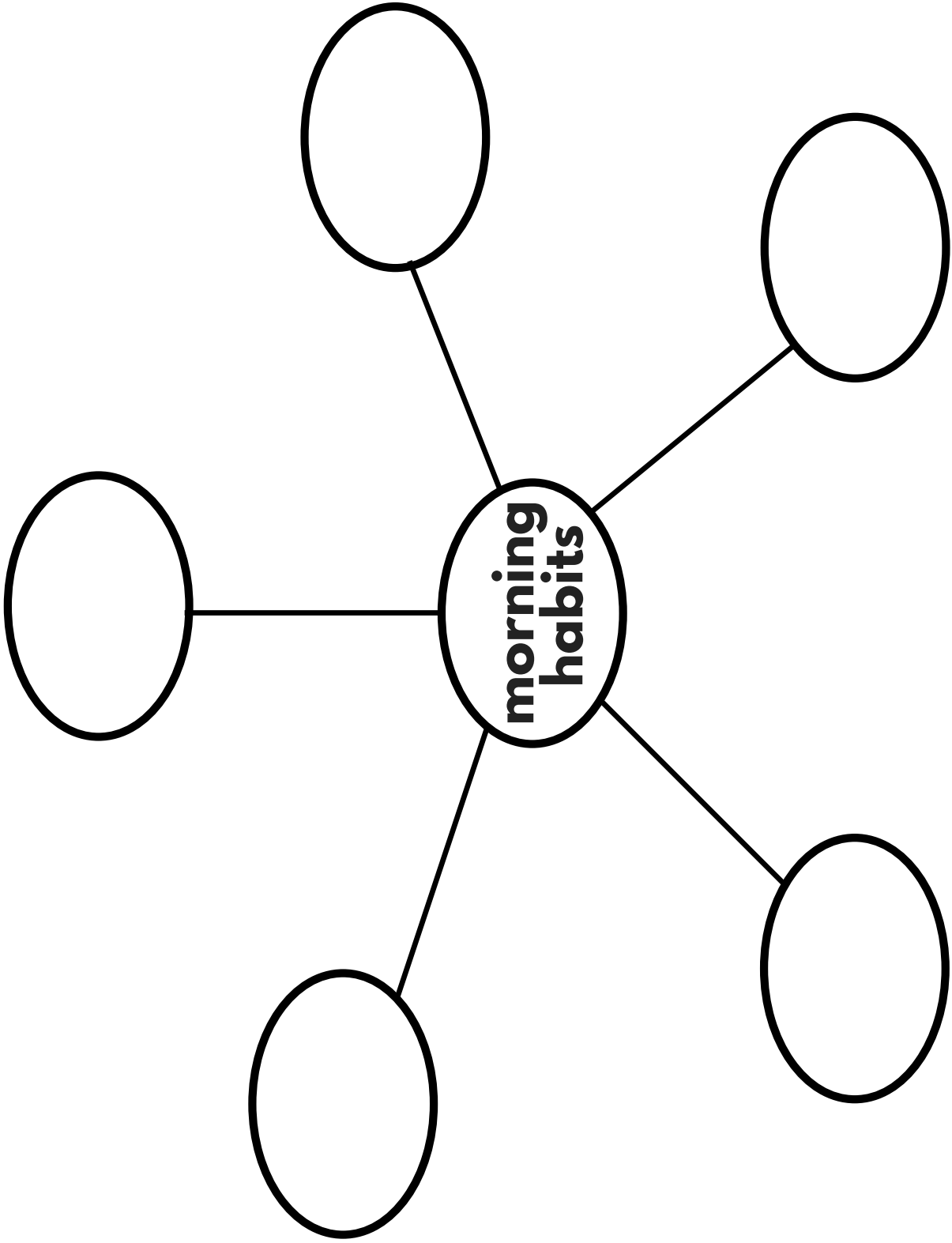
1 MIND MAP THE HABITS YOU WANT TO ADD + WHY

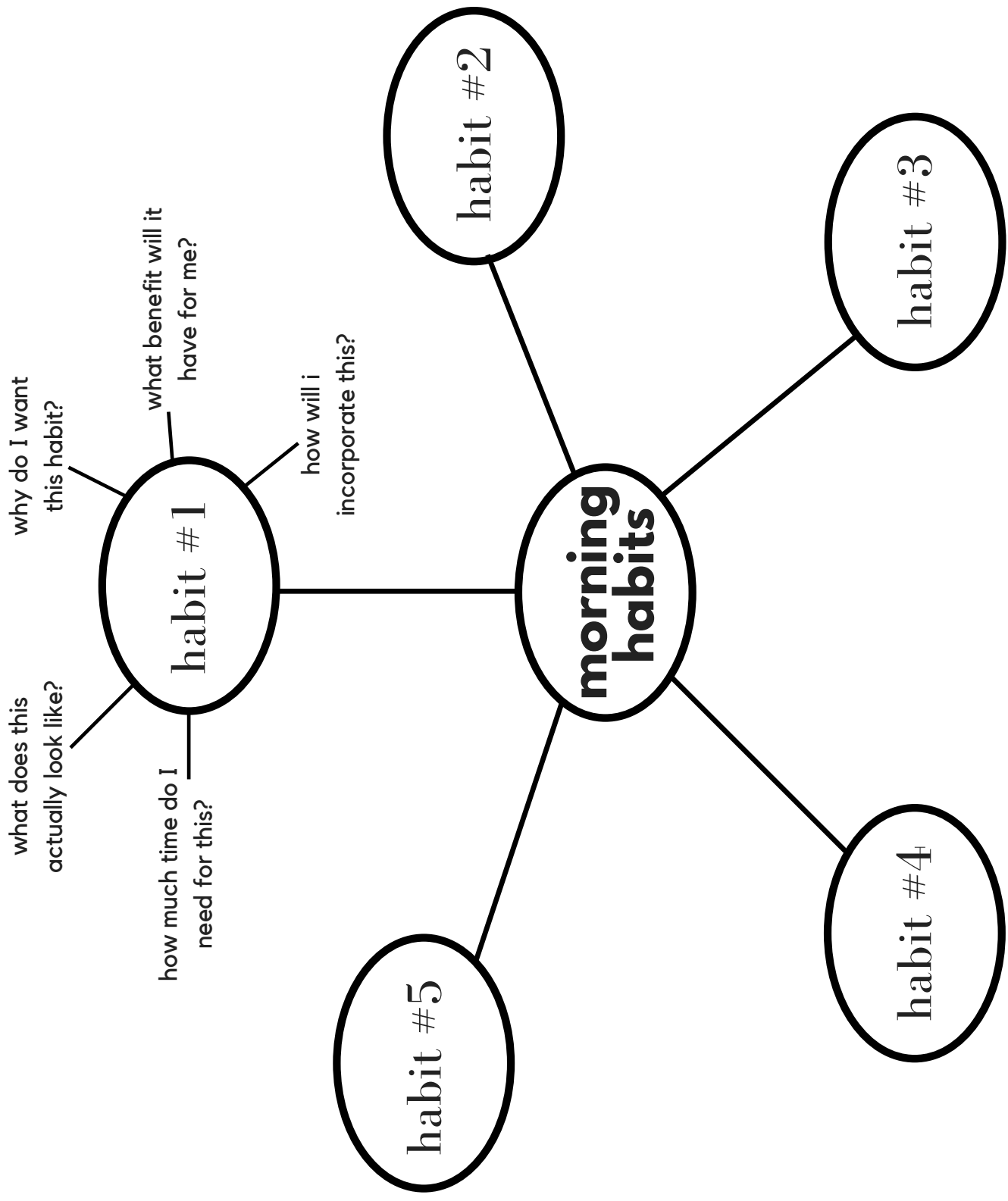
2 FOR EACH HABIT FIGURE OUT THE WHY, HOW + WHEN

3 WEEKLY CHECK IN TO ASK HOW YOU'RE DOING + WHERE YOU CAN IMPROVE

4 FINAL REFLECTION, HOW'D THE 30 DAYS GO, WHERE TO GO FROM HERE







my morning challenge

HABITS I'M ADDING

1.

WHY -
HOW -
WHEN -

2.

WHY -
HOW -
WHEN -

3.

WHY -
HOW -
WHEN -

4.

WHY -
HOW -
WHEN -

5.

WHY -
HOW -
WHEN -

HABITS I'M KEEPING

1.

WHY -
HOW -
WHEN -

2.

WHY -
HOW -
WHEN -

my morning challenge

HABITS I'M ADDING

1.

WHY - What's my motivation? Why do I want to add this?

HOW - What tangible steps can I take to succeed?

WHEN - Where does this habit fall in my morning?

2.

WHY -

HOW -

WHEN -

3.

WHY -

HOW -

WHEN -

4.

WHY -

HOW -

WHEN -

5.

WHY -

HOW -

WHEN -

HABITS I'M KEEPING

1.

WHY -

HOW -

WHEN -

2.

WHY -

HOW -

WHEN -

weekly check-in

HOW DO YOU FEEL YOU'VE DONE THIS WEEK WITH THIS HABIT?



KILLIN' IT



DECENTLY



MEH



NOT SO HOT



PRETTY BAD

WHERE ARE YOU SUCCEEDING + STRUGGLING WITH THIS HABIT?

WHAT IS THE BIGGER GOAL, THE 'WHY' TO THIS HABIT FOR YOU?

WHAT IS MY REWARD WHEN I COMPLETE THIS EACH DAY?

HOW CAN I SET MYSELF UP THE DAY/NIGHT BEFORE TO SUCCEED?

DO I NEED TO CHANGE WHAT TIME I DO THIS IN THE MORNING?

weekly check-in

choose one for
how you think it
went

write habit here

HOW DO YOU FEEL YOU'VE DONE THIS WEEK WITH THIS HABIT?



KILLIN' IT



DECENTLY



MEH



NOT SO HOT



PRETTY BAD

WHERE ARE YOU SUCCEEDING + STRUGGLING WITH THIS HABIT?

take time to think through how this particular habit has gone this past week

WHAT IS THE BIGGER GOAL, THE 'WHY' TO THIS HABIT FOR YOU?

ask yourself again why you want to add this habit to your morning, revisit your mindmap and challenge worksheet from last week if you need to.

WHAT IS MY REWARD WHEN I COMPLETE THIS EACH DAY?

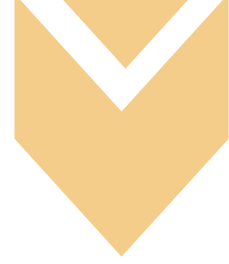
is it a mental pat on the back? is it your cup of coffee once you've made it?

HOW CAN I SET MYSELF UP THE DAY/NIGHT BEFORE TO SUCCEED?

are you already doing something the night before to make this task easier? can you do more or something differently?

DO I NEED TO CHANGE WHAT TIME I DO THIS IN THE MORNING?

is where you're doing this task in your morning routine working out or do you think it would be easier if you switched it around with another habit?



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FINAL REFLECTION WORKSHEET

1

What habit(s) did you do best at? Why do you think this was?

2

Which one(s) did you struggle with most? Why do you think this was?

3

What habit(s) will you be continuing after the challenge?

4

Will you do anything differently? Change your goal for that habit?

5

Are you leaving any habits behind? Why?



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30 DAY CHALLENGE

FINAL REFLECTION WORKSHEET

6 What did you notice or learn about yourself during this challenge?

7 What were the excuses you found yourself using?

8 What surprised you most about yourself during the challenge?

9 What did you find motivated you the most?

10 Are there any other habits you want to add? How will you go about doing that?