



# THE MINDFUL MORNING ROUTINE 30 DAY CHALLENGE

- **DETAILED INSTRUCTIONS**
- **30 DAILY JOURNAL PAGES + PROMPTS  
TO GUIDE YOU THROUGH  
EACH DAY**
- **30 INSPIRING QUOTE IDEAS**
- **30 AFFIRMATION IDEAS**
- **30 MORNING ROUTINE IDEAS**
- **REFLECTION QUESTIONS**

# Morning Routine Today Setup

**M Woodhall**

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