



Morning Mindset Checklist

5 Steps to Start Your Day with a Positive Outlook

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MINDSET CHECKLIST

5 Steps to Start Your Day with a Positive Outlook

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Wake up with Gratitude!

What are you thankful for today? Before you rush to get ready for your day, stop and think of something for which you are thankful. This can be as simple as being grateful for a new day.

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Say a Positive Affirmation!

Give yourself a complement! Focus on a characteristic that makes you unique. Example: I am focused, determined and I have a great sense of humor.

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Let Go of Negative Thoughts!

Having a negative thought first thing in the morning can definitely put a damper on your day. Think of something that you are looking forward to today. If a negative thought sneaks in, try to put a positive spin on it!

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Focus on What Makes You Happy!

One of the best ways to improve your mindset in the morning is to focus on what makes you happy. This can be your family, friends, dog, the beach, a latte and a good book. Go to your happy place for a few minutes.

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Set an Attainable Goal!

Everyone wants to feel productive and accomplish something throughout the day. Set an attainable goal to give yourself a win, which will result in a boost for your mindset and productivity.



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