

Module 2: The Success List

Snapshot: In this video, we'll identify the cornerstone morning activity around which you'll build the rest of your Morning Ritual. We'll take a deeper dive into organizing your therapeutic morning based on your specific needs. Once you have that solidified, I'll show you how to stay on top of your game with your weekly review tracking process.

Let's go!

Lesson 01: The One Thing

Lesson 02: 3 Action Steps

Lesson 03: Tracking Your Progress

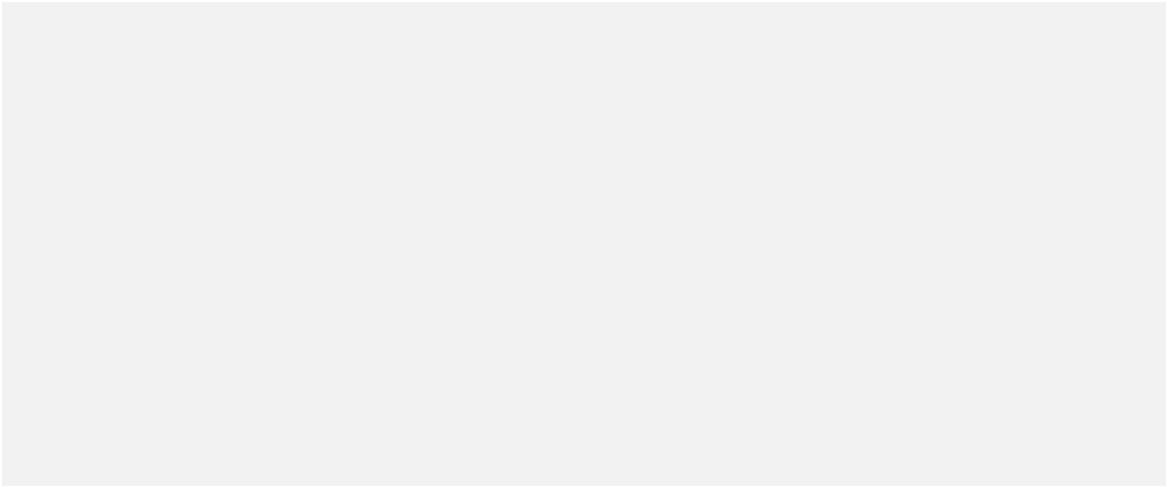
Week 2 Group Discussion Topic:

Share your One Thing inside the FB group this week

Action Items:

- Listen to W4B Podcast
- Tune in for the Prayer Audio
- Yoga Demo: Wide-Angle Seated Forward Bend, Plank, Child's Pose
- Print out or Review Pdf: MRC Tracker

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Why is this important?

When you intentionally set the tone for your day, you are better equipped to make healthier lifestyle choices.

