

My Ideal Morning

MEANING MAKING NO.1

Imagine your ideal morning, that type of morning that helps to set your day off to a great start, the one that leads you off to feel so good for the remainder of the day. Imagine it from the very moment you are just coming to your senses and waking up. Start there and describe the following that makes your perfect morning:

What time is it?

Where are you?

Is anyone with you?

What is your process of waking up?

What are you wearing?

What do you hear?

What do you smell?

What do you see?

What's the first thing that you do?

Then next?

Then after that?

What do you eat?

What do you drink?

What activity must be included?

How are you feeling?

What thoughts come to mind as you are enjoying your perfect morning?