

The Truly Amazing Morning™

	The Pillar	The Habit
1.	THINK	Meditate
2.	SMILE	Appreciate Through Deep Gratitude
3.	CELEBRATE	Envision Your Life
4.	BELIEVE	Affirm The Truth
5.	REMEMBER & LOVE	Reflect Love & Forgiveness To Yourself In The Mirror
6.	GROW	Read Uplifting, Empowering Words
7.	CREATE	Write What Flows From Your Heart
8.	SUCCEED	Write the Priorities for Today
9.	ENJOY	Move Your Body Vigorously
10.	ENJOY	Enjoy a Healthy Breakfast
11.	EMPOWER	Truly Listen & Genuinely Compliment Someone You Love
12.	GIVE	Do A Selfless Act Of Service For Someone You Love