



# *Morning Routine of real Powerwomen*

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by Michaela Klein

The only way to start a morning. Activate your energy level, your inner diamond and thereof focusing on your life visions for a fantastic day!



**Hey lovely Powerwomen**

**I'm**

*Michaela*

Thank you for your interest in the Moring Routine of Powerwomen and for downloading this free worksheet. With these steps you will get so much more out of your morning hours.

Understand the power of the morning routine and its secrets. And learn how to activate your inner diamond, your power, your potentials and get more grounded, focused and become ready for challenging business days with 100% energy.



*When you start doing it, it will change  
your day, your power and your success.*

So when you now think, whaaaat, I have not time to do all of this in addition in the morning... then, my advice, get up a little earlier and see the morning hours for time for yourself. You will see, you will love it as it will change your entire day!





### **Why is a morning routine important?**

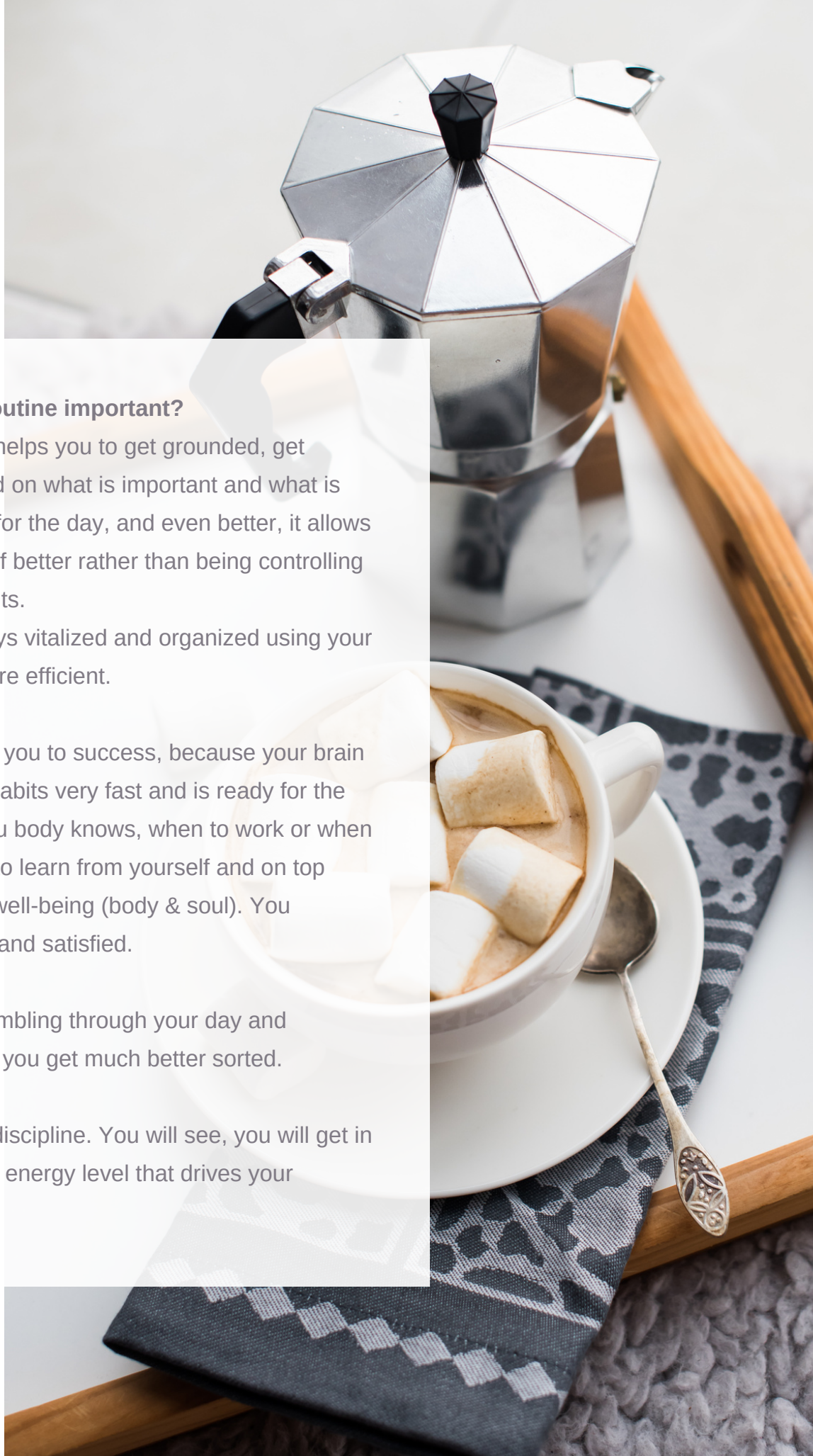
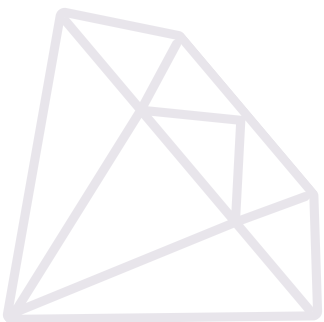
The morning routine helps you to get grounded, get activated and focused on what is important and what is next. It sets the tone for the day, and even better, it allows you to control yourself better rather than being controlling by your unaware habits.

You will start your days vitalized and organized using your limited time much more efficient.

Morning routine trims you to success, because your brain and body adjusts to habits very fast and is ready for the routine blocks. So your body knows, when to work or when to relax. It helps you to learn from yourself and on top supports your entire well-being (body & soul). You become more happy and satisfied.

It keeps you from stumbling through your day and wasting your time as you get much better sorted.

All it takes is a bit of discipline. You will see, you will get in no time up to a 100% energy level that drives your success. Try it!



# Morning Routine



## Worksheet

**How this Works.** Write down how you start your mornings right now.

How do you sleep? How do you feel when you wake up? Do you feel alone? Is every morning the same? How much time do you have to get ready? What is your routine (wake up, get ready and go)? Where is your energy level right now (from 1 - 10)?








# Morning Routine



## Worksheet

Little personal supportive tip: Make sure you go to bed around the same time and sleep almost the same amount of hours. In addition, organize your bed room comfortably and that you like to spend a lot time in it. ;)

-  Wake up softly (use a ring bell, which is softly wakes you up like a nice melody, which lifts your mood and listen a little to it.
-  Do some morning sport (like some minutes of jogging, joga, dancing or swimming when you live next to the sea). *(20 Minutes)*
-  Do some meditation and concentrate on your breathing and try not to think (!) (that will need some exercise, but it is really worth it to get grounded) *(15 Minutes)*
-  Eat good, healthy and with no stress – take your time for it! *(20 Minutes)*
-  Take time for yourself and do self-coaching exercises *(10 – 15 Minutes)*
  - Listen to your thoughts and feelings and write them down
  - Ask yourself what you would like to do with your day and decide what you would like to do and write it down
  - Make a day wish and write it down
  - Think about what you can do Today to support and work on your life visioin and write it down



# *Morning Routine*



## *Worksheet*



Observe what is all happening with yourself and with your day ;)

# Morning Routine



## Worksheet

**How this Works.** Try to implement this morning routine and write your thoughts down. At night before you go to bed, reflect your day and have a look again at what you wrote down on that morning.

Could you do what you decided to do to make your day a day to remember?

Could you fulfill your day wish? Could you work on your vision?

How do you feel right now? And with that feeling go to sleep.







## *What's next!*

With this little exercises you activate your body and your mind and on top you sort yourself that you can better focus on the things you want to. So you know now the basics for getting more power in the morning... but do you know how to turn those little routines into success in love and life?

**I'm hosting an online training on how to transform your total Life in Love, Life and Success in 3 months!**

### *We're going to cover:*

- ✓ The strategy how to identify your blockers and stressors to live the life you want
- ✓ The secrets of how to resolve your (inner) conflicts and thereby activate your inner true potentials
- ✓ The insider knowledge how to authentically and truly lead in relations - concept of leadership and unconditional love
- ✓ In the self-management concept your understand what is all possible and how to really achieve your visions
- ✓ The enabling toolbox you will change everything for you; your Love Life, your Life and your Success Life

**Click here to register to the free Masterclass!**