



MORNING ROUTINE I.P.A.

Here are some keys for starting your day RIGHT. Use acronym I.P.A. so you'll never forget:

1. **Intention:** State your life's purpose and intention for the day before getting out of bed each morning and name one thing you are deeply grateful for. Identify why it allows you to live out your purpose.
2. **Protection:** Harness the beauty, clarity, and specialness of morning by maintaining quiet for AT LEAST the first 20 minutes. Use this time for reflection, meditation, inspirational reading. (Keep off social media, news, and other distractions.)
3. **Action:** Work on your Bliss Book! Look over your Big Bliss Picture. Fill in your daily goal and intention. Tackle the hardest part of your day!