

Think about your past and all the things that have been planted in you by the people and circumstances that formed you. How does the “soil” you were formed in still play a role in your life today, for the good or bad. Do see you patterns or a certain mindset that needs to be changed?



To paraphrase a famous quote, you won't change your life until you change something you do everyday. Our daily habits are so powerful and so ingrained that we don't even notice them. What you do everyday becomes what you do with your life. Look at your habits, especially your morning routine and ask yourself if a lifetime of that will get you where you want to go? Is your morning preparing you for battle? For battle with the enemy that wants to destroy you and your children? For the battle with your inner critic, that wants to keep you stuck? For the battle that you're fighting to keep your marriage thriving? For the battle that is being waged for your very soul? What one morning habit could you change today that would make the most difference in your day, week, year?

Take out your bullet journal and make a morning plan. Commit to doing it for a week, then revisit that page and write down how the routine changed you or made a difference in how you approached your day.

