

# LEVNOW MORNING ROUTINE

## A SIMPLE MIND EXERCISE TO GET OUT OF BED ENERGIZED & READY FOR AN AWESOME DAY

### STEP 1

#### BEFORE SLEEP

Before you sleep, bless the day, regardless of what kind of day it was. This is the process of letting go of the day and preparing for tomorrow. Spend the last waking moments visualizing a great day tomorrow.

### STEP 2

#### WAKING UP

The moment you wake up, check how you feel. Did you wake thinking about yesterday's issues or the awesomeness you plan on creating today? Don't get out of bed until you have the awesomeness plan vividly imaged in your mind.

Learn more at [Levnow.com](http://Levnow.com)

### STEP 3

#### AM ROUTINE

Start your morning routine, do your affirmations, review your gratitude list, and then set intentions based on your awesomeness plan. Try any activity that will inspire you to a place of feeling good.

Now get out of bed!