

Create Your Ideal Morning & Evening Routines

A Verdura Method Resource: Science, Mindfulness, and Behavior Change Working Together.

Start Your Day From A Place of Calm. Not Chaos.

End Your Day From A Place of Peace. Not Panic.

Write Out An Ideal Morning & Evening For Yourself

Morning

<i>What's the ideal time you want to wake up on work days?</i>	
<i>What do you need to get done in the mornings?</i>	
<i>What are you grabbing when you walk out the door?</i>	
<i>What morning affirmations do you want to remind yourself of?</i>	
<i>Anything else that adds to your morning?</i>	

Evening

<i>What is your ideal dinner and bed times?</i>	
<i>What evening activities do you use to relax before bed?</i>	
<i>What are you preparing in the evening to feel ready in the morning?</i>	
<i>What time do you want to stop eating the night before?</i>	
<i>What evening affirmations do you want to remind yourself of?</i>	

Morning and evening routines are deeply personal- “early” is relative, and what works for someone else may not fit you. Build yours around your real life: your schedule, energy, and needs. Progress also starts with believing you can change; use simple daily affirmations to remind yourself you’re improving, capable, and enjoying the results. That mindset- paired with small, repeatable actions- is what creates consistency. For more guides and programs, visit www.verduramethod.com

Contact us at: lisa@verduramethod.com