

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

What's the ideal time you want to wake up on work days?

What do you need to get done in the mornings?

What are you grabbing when you walk out the door?

What morning affirmations do you want to remind yourself of?

Anything else that adds to your morning?

Evening

What is your ideal dinner and bed times?

What evening activities do you use to relax before bed?

What are you preparing in the evening to feel ready in the morning?

What time do you want to stop eating the night before?

What evening affirmations do you want to remind yourself of?

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

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