

# Morning Questions

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We all have rituals that we use every day.

What do you when your first wake up? Check your phone, email, Facebook?

What if as part of your morning ritual you were to start off with some power questions, to really set you up for the day in the right way?

What if the questions below were in your morning ritual? What difference would that make to you day?

## **What are you proud of right now?**

How does it feel to be proud, right now?

What do you see when you are proud, right now?

What do you hear when you are proud, right now?

## **What are you grateful for today?**

How does it feel when you are grateful?

What do you see when you are grateful?

What do you hear when you are grateful?

## **What are you excited about today?**

How does it feel when you are excited?

What do you see when you are excited?

What does it sound like when you are excited?

## **What do you feel blessed for today?**

How do you breathe when you feel blessed?

How do you see the world when you are blessed?

What could you feel if you were blessed (even if you forgot that you were)?