

Morning Momentum Map

Start your day like it matters.
How you wake up shapes everything that follows.

Step 1: Reverse Engineer Your Morning

Design your ideal wake-up, then trace it backward to make it possible.

My ideal wake-up time: _____

First thing I want to feel: _____

Key actions I want in my morning (list 2):

1. _____

2. _____

Step 2: Sleep-to-Leadership Connection

Reflect on how rest affects your leadership, focus, and presence.

When I sleep well, I...

Show up as a better _____

Make better decisions because _____

Am more present for _____

Step 3: Well-Rested Morning Checklist

Things to **do** in the first hour:

- ☐ Hydrate
- ☐ Move / Stretch
- ☐ Get natural light
- ☐ Breathe deeply
- ☐ Eat something healthy

Things to **avoid** in the first hour:

- ☐ Snoozing repeatedly
- ☐ Scrolling on your phone
- ☐ Jumping straight into emails
- ☐ Overloading your schedule
- ☐ Skipping food or hydration

Step 4: Own Your Edge

Anchor your mindset before the day takes over.

Today, I intend to: _____

I am grounded in: _____

One affirmation: “_____”
