

# Welcome to The Morning Makeover Challenge!

Comments, Questions, or  
Issues? Email Me!  
[wendy@Retirement-  
Online.com](mailto:wendy@Retirement-Online.com)



# Table of Transformation

Welcome	3
Pre-Challenge Prep for _____	5
Day 1: Why Making Over Your Morning Has A Huge Impact On Your Entire Day	7
Affirmation: Morning Gratitude	8
Day 2: Define YOUR Best Morning	9
Affirmation: Good Mornings	10
Day 3: Energizing Activities to Kick-Start Your Day	11
Day 4: Making Smart Choices About Your Morning	13
Making Smart Choices Worksheet	14
Affirmation: My blessings are innumerable.	16
Day 5: Your New Morning Game Plan	17
Affirmation: Practice Good Habits	18
Day 6: Importance of Habits & Routines	19
Affirmation: Hope About My Retired Future	20
Day 7: Congratulations!	21
Your Bonus For Doing the Work	22

# Welcome To the 7-Day Retirement: Morning Makeover Challenge!

**Welcome Welcome!** I am absolutely thrilled that you accepted this challenge to change your morning habits and routines.

Just think — most morning activities are habit, things you've done almost automatically for years — now that you are retired, life has changed and so should your morning routine!

It is WAY too easy to become stuck in retirement. We often become a bit lazy, complacent, just don't know quite which way to turn.

However, you have the power to change your morning — and perhaps even your life! Seriously.

This workbook is your companion for the next seven days. *This is a workbook where you will type in your answers and save daily, as a reminder to do the work, and as a future reminder of what you accomplished!*

**ONLY Seven Days.** You can do this and keep focus that long, right? Especially if this just happens to be life changing for you...

Consider this:

You are likely stuck, using old programming to survive in retirement.

It's time for a reboot and this almost too simple Morning Makeover could be the changing point for you.

Simply let me help you consider that you DO have options!

Let me guide you through the next seven days. Keep Focused and DO the Work!

If you do nothing, this makeover does nothing. This doesn't work by osmosis — you must do the work.

I challenge you to DO THE WORK.

Sending Love, *Wendy*

**"A Goal without a Plan — is just a wish"**  
**by: Someone Smart**

## Pre-Challenge Prep for \_\_\_\_\_

Spend a few minutes to self-evaluate both your mornings and retired life.

What is your intention for the next 7 days?

Is there one situation or challenge, presently, that stopped you from already self-correcting your morning routine?

How might you overcome that? Any ideas?

What are your retirement strengths?

What are your retirement shortcomings?

WHY oh WHY are you doing this Makeover?

Your "why" is your guiding light. Knowing why you are doing this will help you to continue on every day. There is a good reason (health, purpose, end conflict with spouse, what is it?)

# Day 1: Why Making Over Your Morning Has A Huge Impact On Your Entire Day

Did you read the morning email and intended reading?  
Please do that first, then do the work.

Are you a morning person?

Are you an early riser or do you use an alarm? No  
judgements here, simply documenting your morning  
lifestyle.

**If you want something you never had,  
you must be willing to do something you have never done.**

**Thomas Jefferson**

## Affirmation: Morning Gratitude

Print out this one page, repeat it over and over, daily and with emotion, so that your subconscious knows this is true for you!

I start my day with gratitude. I begin each day with a feeling of love and thankfulness in my heart. I avoid the negative thoughts that bring my day down to a harmful level.

I see each new day as a chance to say thank you to the universe. I count the blessings that surround me and fill my life. I appreciate the people who make my life easier and better. I am thankful for my friends and family every morning. I am grateful for my home, neighborhood and relationships. I am happy I can connect with nature, people, and animals.

I see how others suffer around me, and I focus on love. Gratitude fills my spirit, and my joy increases. My morning is complete because gratitude occupies my thoughts.

I make plans for the future to help my retired lifestyle. I focus on ideas that uplift all of us and help us reach new goals. Today, I begin my morning with gratitude, peace, and love in my mind.

I see how my attitude affects my entire day — mornings are a time for reflection.



## **Day 2: Define YOUR Best Morning**

I assume you read the Day 2 page? Good!

How do you imagine YOUR perfect morning?

What's most important to you, in life, right now? What is the one thing you really want to do on a daily basis that would make life feel good? How does Your Perfect Morning (above) help your day?

**Each Day is a Gift, so Enjoy it Your Way!**

**Robert Emerson**

## Affirmation: Good Mornings

I wake up each morning eager to face the day.

My morning is the best time of the day. The previous day is over and part of my history. I have the opportunity to create my future every time I wake up.

Regardless of how challenging the previous day may have been, I awake with high expectations for the day ahead of me. Each day is unique and new. Anything can happen, and I only expect the best.

The prospect of a new day delights me. It is a fresh attempt, a new beginning, with the likelihood of new possibilities just ahead. I feel excited when I view each day in this manner.

Each new day brings new ways to experience happiness. I am able to move on from the previous day in order to create space for the new day. I may sometimes go to bed feeling discouraged, but everything changes in the morning.

My mood is lifted like the rising sun each morning. The morning is a magical time. The peace, quiet, and freshness of a new morning feel like a new beginning in my life. My worries and troubles are lost in my sleep. The previous day is forgotten.

Today, I am choosing to enjoy the morning. I fully appreciate the opportunity that a new day provides.

I am eager to make the most of my wonderful day!

## **Day 3: Energizing Activities to Kick-Start Your Day**

By now, I no longer need to remind you to read the Day 3 page, right?

What will you consider to energize your mornings better?

Can you come up with a few small tweaks that will save you at least 30 minutes in the morning?

This January, why not start the year with an empty jar and fill it with notes about good things that happen. Then, on New Years Eve, empty it and see what awesome stuff happened that year.



**Your Gratitude Jar**

How can you add Gratitude to your mornings?

No Affirmation Today — go download one on [Your-Mindset.com](http://Your-Mindset.com) that applies to you personally!

## Day 4: Making Smart Choices About Your Morning

What Busy Work will you eliminate from your mornings?  
WHY? To give you time for what you love to do!

One small positive thought in the morning  
can change your whole day.  
Anonymous

## Making Smart Choices Worksheet

This worksheet will serve as a mini guide to tracking your early morning thought pattern. Why is this important? Because our thoughts, have a powerful impact on the way we approach our entire day.

Let's get started with a few questions that will hopefully help you to determine whether you consistently set yourself up for a great start to the day, or if you are perhaps sabotaging your day by the thoughts that show up on a daily basis. You may write your responses below, or in a notebook, or perhaps a personal journal, but get in touch with the feelings you experience as you greet each day. It does make all the difference in the world.

How do you most often start your day? (before and after this workshop!)

Before—

After —

Upon waking, are your thoughts peaceful and calm, or does your mind race with worry and anxiety?

If you are anxious or are worried, do you spend a lot of time consumed with those thoughts, or are you able to share those thoughts with a loved one, or a close friend? If not, what is your way of coping with those things that concern you the most?

Do you face each day by watching several hours of television, and if so what types of programming do you watch first thing in the mornings? (i.e, news, talk shows, comedies, movies)?

Please Please do not answer this question: The News.  
That is the worst bad news way to start your day!

## **Affirmation: My blessings are innumerable.**

I receive countless blessings each day. When I stop to consider my highpoints in life, I am in awe by them.

My healthy body and mind allow me to accomplish important things each day. I make the most of my time and am thankful when I am able to achieve daily tasks and goals.

Whenever I feel the urge to complain, I remind myself that I am blessed. Even when I am in the midst of a trial, I pause and think about all the benefits of life that I enjoy.

I find blessings in the most unexpected places. I find gratitude surrounds my life. I am so blessed.

Today, I am thrilled about all the blessings I experience each day. I am a firm believer in finding the good in each situation. I continue to give thanks for all the positive things that life throws my way.



## Day 5: Your New Morning Game Plan

Morning Tasks most important to me:

- 1)
- 2)
- 3)

Time that works best for “getting it done” (give yourself a deadline):

7AM    8AM    9AM    10AM    11AM    OR: \_\_\_\_\_

### MORNING GAME PLAN

(new tasks and old morning routine combined)

Time	Task
6am	
7am	
7:30 am	
8am	
8:30 am	
9am	
9:30 am	
10am	
10:30 am	
11 am	

## Affirmation: Practice Good Habits

Each day is a new opportunity to practice good habits.

I am excited by each day. Part of making the best out of today is taking every opportunity to create habits that I want to have in my life.

With each behavior I reinforce repeatedly, I continue a pattern. I want to only engage in actions that serve me, so I stay conscious about each thing I do.

With each intentional act I make, I gain confidence in my ability to effect positive change in my life. No matter what, I know that I can learn to make the best decisions possible, regardless of my circumstances.

If I find myself engaged in behaviors that are less than supportive of my highest vision of myself, I choose to take different actions next time. And as long as I am alive, there is always a "next time."

Today, I am thankful for my good habits. I joyously put myself into every chance I get to make new ones. This is a daily practice for me, since each day is a new opportunity for me to practice good habits.

## **Day 6: Importance of Habits & Routines**

Please print out the 21 Day Morning Routine Worksheet — that way, its not stuck in this workbook, on your computer, largely unused.

Only one question today — it's a biggie!

Ask yourself: How will I feel if I fall back to the same old morning routine?

## Affirmation: Hope About My Retired Future

Being hopeful about my retired future is easy for me.

An important part of living is to wonder and dream about what the future holds. When I contemplate my future, I am optimistic about what is to come.

Regardless of the unexpected events that occur, it is easy for me to look ahead with optimism. I know that I can survive no matter what, and this is a wonderful feeling.

Cultivating hope for the future is the best way for me to look forward rather than backward in my life. Being hopeful excites my curiosity and having interest in my own life compels me to live more consciously.

My optimism helps me to have happy anticipation about what's around the corner for me. And that excitement pulls me forward in life. Hope about the future gives me energy to face whatever is ahead.

Even in my darkest hours, I am hopeful about what is to come. I rest assured that I can rise above any challenge that meets me.

I always move forward to live my very best life. Today, I choose to focus on being hopeful about my future. I reflect with joy, curiosity, and anticipation on the many things I feel hope about so I can move forward with excitement and confidence.

## **Day 7: Congratulations!**



- What did you learn from the challenge?
- What did you learn about yourself?
- What are you changing in your morning routine?

## Your Bonus For Doing the Work

If you did the work, If you completed each day in this workbook, then you can choose to do a free coaching call with me.

Let me say right off, this is not a Coaching sales call. I simply want to connect with retirees who are willing to really change their lives for the better.

If you are that person who wants to takes the Morning Makeover one tiny step further, let's chat for half hour or so and see what new perspectives might pop up!

HOW?

- 1) Save this completed document and mail it to me at: [wendy@retirement-online.com](mailto:wendy@retirement-online.com) (safe secure email where only I see it)
- 2) In return, I will send you the link to an online calendar scheduler so you can pick a date and time to chat.
- 3) Just before the time we will chat, I will send you an email with the info. You can call me, or you can click a link to call using online technology. Either way, your call and phone number is secure.

I hope to connect with you! *Wendy*