Retirement-Online.com: Morning Makeover Challenge

Making Smart Choices Worksheet

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

~Anonymous ~

This worksheet will serve as a mini guide to 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?

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

- If you are anxious or are worried about something, 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? In other words, 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, etc.)

- What is one thing you would like to change about your morning routine?