

# HALFWAY GIRL TURNED WHOLE

*Helping Women Live With Purpose To Create a Fulfilling Life*

*"It is well to be up before daybreak, for such habits contribute to health, wealth, and wisdom"  
- Aristotle*

What is your purpose for waking up early?

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What would happen if you achieved this goal?

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What will it ultimately cost you if you don't do it?

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## Morning Checklist

- DRINK A FULL GLASS OF WATER
- TIME OF SILENCE - PRAYER, MEDITATION, REFLECTION, FILL YOURSELF WITH GRATITUDE
- AFFIRMATIONS - YOU CAN DO THIS!
- VISUALIZATION - VISUALIZE WHAT YOU REALLY WANT
- READ - PICK BOOKS/BLOGS/WEBSITES THAT INSPIRE YOU
- WRITE - PUT YOUR THOUGHTS ON PAPER, EVEN IF IT'S A FEW SENTENCES
- GET YOUR BLOOD FLOWING
- EAT A GREAT BREAKFAST

*Great acts are made up of small deeds - Lao Tzu*