Morning Reflection Questions

1. **What's the ONE Thing I can do, such that by doing it, everything else will be easier or unnecessary?**
   This question is from the book The ONE Thing. Highly recommend this book if this question is intriguing!

2. **What question am I seeking guidance or answers for?**
   You might be surprised how many times you actually have the answer to these questions by the end of the day or week when you actually write them down.

3. **How can I feel purposeful or connected today?**
   These questions come from a Brene Brown podcast where she was interviewing Karen Walrond about how she ensures she is positively impacting the world a little bit every day.

4. **How can I feel healthy today?**
   Some days your body might want to go for a run, and some days, it might be calling for a little blanket yoga. It can be great to ask your body what it needs to feel refreshed as part of your morning routine.

5. **What are my top three priorities today?**
   A great one for the practical goal setters. Put aside the long to-do list and choose (up to) three priorities you can actually make great headway on today. It can be great to write these down the night before as well.

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