

5-minute MMWW morning routine

What is the MMWW morning routine? A fun and easy 5-minute morning routine involving music, movement, words, and water that can transform your life!

How do I do it?

Music - Choose a song that you love, something that makes you want to dance and sing along. This is your timer.

Movement - Move your body while listening to the song (traditional exercises like sit ups, jumping jacks, push ups, etc.; shadow boxing; stretches; yoga; tai chi; or just dance. (If you prefer, you could choose to sing along rather than exercising. Feel free to mix it up.)

Words - Write 5 things that you're grateful for in a notebook.

Water - Drink a bottle of water. If you don't like plain water, add a slice of lemon or make lemonade using lemon juice and maple syrup (real maple syrup, not maple-flavored high fructose corn syrup).

That's it. You're done. Now send a text to your accountability partner (a family member or friend) saying you did it. A simple thumbs up emoji works fine. Mark your chart that you did it and that you texted your accountability partner. Continue this pattern for at least 30 days.

Baseline self assessment: How do you feel (on a scale 1-10)? _____ Date _____

Commitment: I will complete the 5 minute MMWW morning routine each day for 30 days. I will also report to my accountability partner, _____, each day with a "thumbs up" text.

Signed _____ Date _____

Completion self assessment: How do you feel (on a scale 1-10)? _____ Date _____

What will you do next to build on the positive momentum you've achieved?