

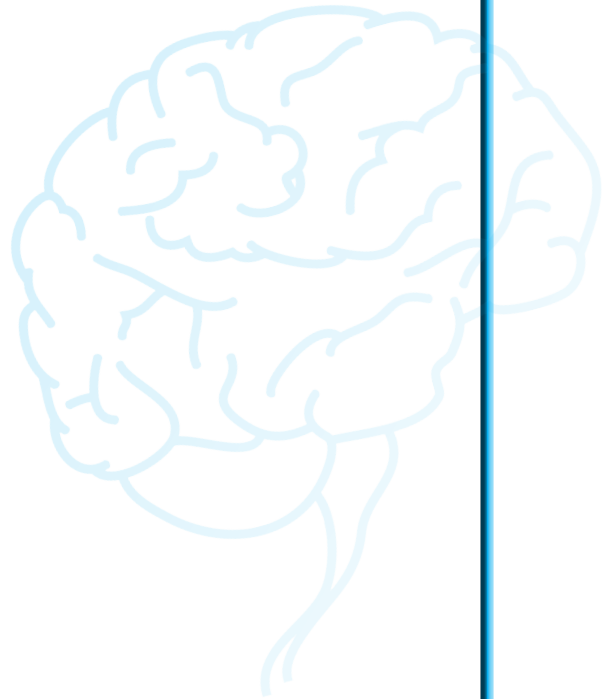


## MODULE 1A

### QUESTIONNAIRE

Identify the Rituals you would need in the morning:

- 1) Drinking water
  
  
  
  
  
  
  
  
  
  
- 2) Exercise: What type, how long
  
  
  
  
  
  
  
  
  
  
- 3) Breakfast
  
  
  
  
  
  
  
  
  
  
- 4) Meditate / Visualize



What other habits would you find useful?

1.

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2.

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3.

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4.