



# TAKE 10

MORNING ROUTINE  
MINDFULNESS & MEDITATION



We live in a busy world. The pace is often frantic, and our minds are always active. In moments of “relaxation”, we are still often mindlessly doing “something”. As a place to start, meditation provides a time-out from activity, allowing you to focus inwardly, rest, and recover. While it may feel like “doing nothing,” you are positively, actively, training your mind. You can step back from the 24/7, frantic pace of daily life, consciously unwind, and observe what’s going on inside.

- Wake up according to your **Daily Routine** from the Momentum chapter.
- Find a quiet comfortable place to sit.
- Follow your personal meditation process or go to **lozlife.com** to follow a guided meditation.
- Take note of how you feel after your meditation below to keep track of your **Mindset** progress.

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