

# INTENTION WORKSHEET

MASTER THE MORNING WITH DEAN BOKHARI: RISE EARLY. BUILD RITUALS. SUCCEED DAILY.

Checkbox indicates an action step

## 1 WHY DO YOU WANT TO BECOME AN EARLY RISER?

With a strong enough *why*, any *how* is possible.

List 3 compelling reasons why you *absolutely must* establish the habit of early rising.

1

2

3

## 2 WHAT WILL YOU GAIN BY RISING EARLY EACH DAY?

Higher productivity? Health? Time to exercise? Time for yourself?

List 3 ways you'll benefit from becoming an early riser:

1

2

3

## 3 WHAT WILL IT COST YOU IF YOU DON'T BECOME AN EARLY RISER?

How painful would it feel if you failed? What goals would you miss out on achieving? Would you regret not living up to your highest potential?

List 3 things you'd lose or miss out on if you do not follow through with your goal of waking up early + engaging in a morning ritual each day.

1

2

3

#### 4 ENVISION YOUR PERFECT MORNING

Find a quiet place, set a 3-minute timer, and close your eyes.

Now, visualize your perfect morning.

(Be specific: What time do you wake up? What do you do? How does it feel to be an early riser?)

#### 5 GET COMMITTED

Lastly, I want you to know that the perfect morning you just envisioned is **possible**.

If it weren't, you wouldn't have been able to envision it.

To get yourself fully committed to establishing the habit of rising early + engaging in your daily morning ritual, please print this page, sign below, and post it up somewhere you can see it daily until your vision becomes a reality.

Signature: \_\_\_\_\_ Name: \_\_\_\_\_ Date: \_\_\_\_\_

You've got this.



—Dean Bokhari