

YOUR MORNING PRACTICE & THE FOUR HUMAN SYSTEMS

System 1: The Mind	System 2: The Spirit	System 3: The Heart	System 4: The Body
Thoughts. Ideas. Vision.	Intuition. Imagination. Exploration.	Feelings. Emotions. Incubation.	Senses. Actions. Cultivation.
Mindfulness	Mindfulness		
Affirmations	Affirmations	Affirmations	Actions
Aha!	Aha!		
Download		Download	
Pivot		Pivot	
Inspiration (Reading)	Inspiration (Reading)	Inspiration (Reading)	
Vision	Vision		
Gratitude		Gratitude	
Inquiry (Question)			
Wake-up/Warm-up	Wake-up/Warm-up	Wake-up/Warm-up	Wake-up/Warm-up