



21-Day Alcohol FASTJournal - Day 11

Allow 15-20 minutes for this exercise. Find a quiet space where you won't be interrupted. Begin with a few deep breaths to center yourself.

- What does your current morning routine look like? How does it make you feel?

- How much of your morning routine is currently spent on technology? How does that technology use affect your spiritual and emotional state throughout the day?

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- This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- [illegible]

- What three small steps can you take tomorrow to begin creating your sacred morning routine?
