



YOUR 6-MINUTE MORNING RITUAL



WITH
JORDAN WENTZ

If you wanna have the life you've always dreamed of and get things going in your biz, you might as well start it first thing in the morning. Expert Jordan Wentz of MyMovementality walks us through six steps that will help us set intention and bring ALLL the good vibes (plus, who doesn't love a great dance party session?).

The Six Minute Morning Ritual

- Focus on your breath
- Visualize
- Exercise (or dance party!)
- Write or speak affirmations
- Writing practice
- Reading practice
- Focusing on intention

About Jordan Wentz:

Jordan Wentz is a professional dancer & choreographer, movement & fitness coach & hype-woman to thousands at [MyMovementality](#), helping people connect with themselves in ways they never knew was possible.

MyMovementality is a platform dedicated to helping everyone lead their happiest, healthiest, most kick a\$\$ lives through movement.

QUESTIONS TO CONSIDER WHILE WATCHING THIS COURSE:

1. What are you visualizing when you start your day?
2. What's your favorite form of exercise?
3. Turn your negative self-talk into positive affirmations! Practice here.



the
branch
BUSINESS HUB

The Branch Business Hub's Your Six Minute Morning Ritual • Copyright ©2024 The Branch Moms

• All rights reserved. No part of this book may be used or reproduced in any manner without written permission from The Branch Moms.

• www.TheBranchMoms.com/BusinessHub