

MORNING *routine*

- Daylight before screenlight
- Journal 3 things you are grateful for
- Make the bed
- Drink a glass of water
- 10 minute stretch
- Short meditation or mindful moment
- Shower
- Take your vitamins/supplements
- Make breakfast and include protein
- Set your intent - how you want to feel
- Review your schedule for the day
- Write your most important task down
- Have An Ideal Day!