



# 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!