



Morning Routine

Ideas and Checklist

BODY & ENERGY

- Drink water
- Light stretching
- Quick exercise
- Yoga session
- Cold shower

MIND & CLARITY

- Practice mindfulness
- Meditate briefly
- Journal reflections
- Visualize success
- Set priorities

PRODUCTIVITY & FOCUS

- Plan your day
- Create to-do list
- Review goals
- Tidy workspace
- Avoid phone distractions

GRATITUDE & POSITIVITY

- Practice gratitude
- Recite affirmations
- Listen to music
- Gratitude journaling
- Inspirational reading

WELLNESS & BALANCE

- Eat healthy breakfast
- Enjoy sunlight
- Listen to a podcast
- Deep breathing exercises
- Fresh air break

