IDEAS FOR YOUR MORNING ROUTINE

Create the Morning that Works for You

WAKE WITH AN ALARM WAKE TO MUSIC DRINK WATER DRINK WATER WITH LEMON DRINK COFFEE DRINK TEA EAT BREAKFAST FAST UNTIL MID-MORNING TAKE VITAMINS OR SUPPLEMENTS WATCH THE SUNRISE GET FRESH AIR DEEP BREATHING WORK OUT TALK A WALK YOGA STRETCH DANCE BIBLE READING DEVOTIONAL READING PRAYER READ TO LEARN READ A NOVEL READ AN INSPIRATIONAL QUOTE READ TO KIDS LISTEN TO A PODCAST LISTEN TO MUSIC WATCH A TED TALK

PLAY WITH YOUR KIDS

MAKE YOUR BED **BRUSH YOUR TEETH** SHOWER SELF-CARE MAKE A TO-DO LIST REVIEW YOUR TO-DO LIST SET PRIORITIES CHECK YOUR CALENDAR CHECK EMAIL REVIEW PLANS WITH FAMILY WORK ON A PERSONAL PROJECT WORK ON A HOME PROJECT PACK LUNCHES PREP FOR DINNER START LAUNDRY RUN THE DISHWASHER UNLOAD THE DISHWASHER WALK THE DOG MAKE A GROCERY LIST ORGANIZE YOUR PHONE PHOTOS DO A CROSSWORD PUZZLE **ENIOY A HOBBY** LEARN A NEW SKILL DO SOME GARDENING TALK TO A FRIEND IOURNAL GRATITUDE PRACTICE VISUALIZE YOUR GOALS.

Morning Routine Ideas

Prof. Sarita Tyagi



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