

MORNING ROUTINE

☐	WAKE UP EARLY
☐	DRINK A GLASS OF WATER
☐	MAKE THE BED
☐	AVOID YOUR PHONE
☐	10 MINUTES STRETCH OR YOGA
☐	EXERCISE (WALK, JOG OR WORKOUT)
☐	SHOWER AND GET FRESH
☐	TAKE VITAMINS/FOOD SUPPLEMENTS
☐	MAKE BREAKFAST AND COFFEE
☐	REVIEW YOUR SCHEDULE FOR THE DAY
☐	READ OR LEARN
☐	SET DAILY GOALS
☐	PRACTICE GRATITUDE
☐	PREPARE FOR THE DAY
☐	START YOUR DAY WITH A POSITIVE AFFIRMATION

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Kathleen Armour

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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