

# DAILY IT GIRL ROUTINE

- 5:00 AM – Early Morning Wake-Up
  - Start your day early with a moment of gratitude. Take a few deep breaths, and mentally prepare for the day ahead.
- 5:15 AM – Hydrate & Refresh
  - Drink a glass of water with lemon to kickstart your metabolism. Follow up with your morning skincare routine.
- 5:30 AM – Morning Movement
  - Engage in a 30-minute workout or yoga session to energize your body. Whether it's a brisk walk, a quick HIIT session, or some gentle stretches, moving your body is key.
- 5:00 AM – Goal Setting & Planning
  - Spend 10-15 minutes reviewing your goals for the day. Write down your top three priorities and plan your schedule.
- 6:35 AM – Nourishing Breakfast
  - Prepare a healthy, balanced breakfast. Think smoothie bowls, avocado toast, or oatmeal with your favorite toppings.
- 6:45 AM – Self-Care & Mindfulness
  - Take time for meditation, journaling, or reading a few pages of an inspiring book. This is your moment to center yourself before diving into the day.
- 7:00 AM – Get Ready & Dress to Impress
  - Choose an outfit that makes you feel confident. Your appearance can influence your mindset, so pick something that empowers you.
- 8:00 AM – Productive Work Block
  - Dive into your work or personal projects. Use a timer to focus on tasks in 60-90 minute blocks, taking short breaks in between.
- 12:00 PM – Midday Break & Lunch
  - Step away from work to enjoy a nutritious lunch. Use this time to stretch, take a walk, or catch up with a friend.
- 2:00 PM – Afternoon Focus
  - Tackle your afternoon tasks with renewed energy. Review your progress and adjust your plan if necessary.
- 5:00 PM – Unwind & Reflect
  - As your day winds down, take time to reflect on your achievements. A quick journal entry can help you process your thoughts.
- 6:00 PM – Evening Movement or Leisure
  - Engage in light exercise, such as a walk, or indulge in a relaxing hobby that brings you joy.
- 7:30 PM – Dinner & Family Time
  - Enjoy a wholesome dinner, and spend quality time with loved ones. Disconnect from work and focus on the present moment.
- 9:00 PM – Evening Skincare & Wind-Down
  - Treat yourself to a thorough skincare routine. Dim the lights, play soothing music, and prepare for a restful night's sleep.
- 9:30 PM – Sleep Routine
  - Get into bed with enough time to ensure 7-8 hours of sleep. Consider a nighttime meditation or light reading to drift off peacefully.

# Latest Iphone Morning Routine 2025

**ARX Reads**



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