# 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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**Lode Lauwaert, Bartek Chomanski** 



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