# **IDEAS FOR YOUR MORNING ROUTINE**

Create the Morning that Works for You

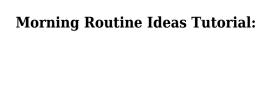
WAKE WITH AN ALARM WAKE TO MUSIC DRINK WATER DRINK WATER WITH LEMON DRINK COFFEE DRINK TEA EAT BREAKFAST FAST UNTIL MID-MORNING TAKE VITAMINS OR SUPPLEMENTS WATCH THE SUNRISE GET FRESH AIR DEEP BREATHING WORK OUT TALK A WALK YOGA STRETCH DANCE BIBLE READING DEVOTIONAL READING PRAYER READ TO LEARN READ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

M Mark



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