

Morning Routine

TO SET UP YOUR DAY FOR SUCCESS

- ☐ Don't check your phone for the first 15 minutes
- ☐ Journal 3 things you are grateful for
- ☐ Make your bed
- ☐ Drink 500 mL of water
- ☐ 5-10 minute stretch
- ☐ Brush your teeth & wash your face
- ☐ Work out for 20 minutes
- ☐ Take a cold shower
- ☐ Meditate
- ☐ Take probiotics & vitamins
- ☐ Coffee time!
- ☐ Read an article about something you want to learn about while eating
- ☐ Review your schedule to check for meetings
- ☐ Write your to-do list for the day
- ☐ Get your day started! You got this!

Morning Routine In The Us Tutorial

United States. Congress. Senate



Morning Routine In The Us Tutorial:

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Witness the Wonders in **Morning Routine In The Us Tutorial** . This immersive experience, available for download in a PDF format (PDF Size: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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