Morning Routine Checklist

- Plan Your Morning at Night
  - Put out your clothes the night before
  - Put your lunch in the fridge
  - Put your bag and keys are by the door

- Set Your Wake Up Time
  - Keep your wake up time consistent

- Choose an Alarm You Can Live With
  - Choose an alarm that slowly gets louder and brighter or noise you find pleasant like music
  - Open the curtains and let in the morning sunshine and light to help get your internal clock moving

- Drink A Glass Of Water
  - Drink a glass of water in the morning (yes – before your coffee!)

- Make Your Bed
  - Making your bed will motivate you to stay out of bed once you get up!

- Get Moving
  - Making your bed will motivate you to stay out of bed once you get up!

- Stay Unplugged
  - Do not check your email or social media!

- Sneak In A Little Me-Time
  - Try to get ten minutes with just yourself

- Eat A Healthy Breakfast
  - Eat a healthy, balanced breakfast every day

- Crank Some Tunes
  - What songs help you feel ready to take on anything?
  - Listen to them in the morning to boost your mood and help you feel pumped!