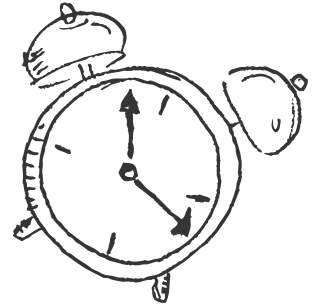


MORNING ROUTINE CHECKLIST

→ Start Your Day Off Awesome!

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!