

morning routine

≡ checklist ≡

- Plan your morning at night**
 - *Prepare your clothes*
 - *Prepare breakfast for tomorrow*
 - *Create your to-do list*
- Make your bed**
 - This small action will help you get out of bed!*
- Drink a glass of water**
 - Hydrate yourself before drinking coffee.*
- Get in the right state of mind**
 - Pray, practice gratitude, read a book, or journal.*
- Stay unplugged**
 - Avoid emails or scrolling through your phone.*
- Get moving**
 - Go on a walk, exercise, or dance it out!*
- Nourish your body**
 - Eat a healthy, yummy breakfast.*
- Look over your to-do list**
 - Choose your most important task for the day.*