Morning Routine Checklist

A calm first hour, in four short stages.

Wake-up time _____ **Out the door by** _____

The first 10 minutes

- [ ] No snooze — feet on the floor
- [ ] Open the curtains
- [ ] Drink a full glass of water
- [ ] Make the bed

Body

- [ ] Stretch or do 5 minutes of yoga
- [ ] Walk, work out or dance
- [ ] Shower
- [ ] Skincare & sunscreen
- [ ] Brush your teeth

Mind

- [ ] Three deep breaths before your phone
- [ ] Write 3 things you are grateful for
- [ ] Set one intention for the day
- [ ] Check calendar & top 3 tasks
- [ ] Read or journal for 10 minutes

Fuel & go

- [ ] Eat a breakfast with protein
- [ ] Take vitamins or medication
- [ ] Pack lunch, water bottle & keys
- [ ] Leave on time