Morning Routine Checklist

Morning routines allow us to set the tone for the day. This increases our ability to control our schedule rather than our schedule controlling us. How we start our day, helps us end our day in a better headspace because it allows us space to prioritize time efficiently.

# Setting the tone Ideas

[ ]  Work out

[ ]  Listen to favorite music or acoustic music

[ ]  Yoga/Meditation

[ ]  Set time aside to read or do an activity that brings you pleasure

[ ]  Eat breakfast and prepare things for the afternoon

[ ]  Consumed caffeine in any form can take upwards of 10 hours to be fully out of your system

[ ]  Avoid your phone unless you’re checking on loved ones

# Create Your own Personalized Plan [ex include: eucalyptus shower, read, play music, Exercise, etc.]

[ ]

[ ]

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[ ]

# Making it work

[ ]  Structure your day. Set a routine that begins 30-45min prior to starting your day and stick to it

[ ]  Focus on things that bring you joy so you want to do it

[ ]  Reduce distractions

[ ]  Feel free to add/remove things as needed to ensure comfort and success