

## MORNING ROUTINE CHECKLIST

### *Start Your Day Off Right*

#### *Prep for Tomorrow*

- Meal prep
- Layout your clothes
- Put bag together
- \_\_\_\_\_

#### *Plan for Your Morning*

- Journal
- List top tasks
- Set your alarm
- \_\_\_\_\_

#### *Prioritize Your Self Care*

- Meditation / Affirmations
- Hydrate
- Workout
- Hygiene
- Eat a healthy breakfast

#### *Productive Start*

- Don't check your email
- Complete one task
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- \_\_\_\_\_
- \_\_\_\_\_

*Notes: Affirmations, Breakfast & Top 1-3 Tasks*

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