



MORNING *routine*

- no phone for the first 30 min*
- journal 3 things you are grateful for*
- make the bed*
- drink a glass of water*
- 10 minutes stretch*
- short meditation*
- shower*
- take vitamins/supplements*
- eat something*
- read a book or article*
- review your schedule for the day*
- write down a to-do list*
- enjoy your day!*

5-DAY MORNING ROUTINE STARTER



Day 1: Gentle Start

- Wake-up Time: _____
- Morning Hydration: Drink a glass of water (pre-set a bottle by your bed).
- Movement: Take a 5-10 minute walk or stretch.
- Reflection: Write down 1 goal for the day.
- Reward: Enjoy a cup of coffee or a healthy breakfast.

Day 2: Small Steps

- Wake-up Time: _____
- Task Breakdown: Write down 3 small steps to get ready for the day.
 - 1.
 - 2.
 - 3.
- Mindful Moment: Take 2 minutes to breathe or meditate.
- Reward: Take time for your favorite morning treat.

Day 3: Gratitude & Focus

- Wake-up Time: _____
- Gratitude: Write down 3 things you're grateful for.
 - 1.
 - 2.
 - 3.
- Physical Activity: 15-30 minutes of walking or light exercise.
- Reward: Treat yourself to coffee, tea, or something enjoyable.

Day 4: Prep Ahead

- Wake-up Time: _____
- Visual Reminders: Set out clothes and items for tomorrow.
- Morning Movement: 5-10 minutes of stretching or light yoga.
- Hydration & Nourishment: Drink water and eat a light, nutritious breakfast.

Day 5: No-Screen Time

- Wake-up Time: _____
- No Phone/Email: Avoid screens for the first 30 minutes.
- Mindful Walk: Use this time for a 10-15 minute walk or stretch.
- Plan Your Day: Write down your top 3 tasks or goals.
 - 1.
 - 2.
 - 3.
- Reward: Savor your favorite drink or snack.