

MORNING

for stress-free beginnings

Wake - Up

- Let in natural light
- Make bed

Make - Up

- Take a shower
- Do hair + makeup
- Get dressed

Fuel - Up

- Make coffee or tea
- Make breakfast

Catch - Up

- Bullet journal
- Organize day
- Check phone messages

Think - Up

- Lumosity
- Reading

Clean - Up

- Kitchen
- Daily chore

ROUTINE

for stress-free beginnings

Don't hit "snooze".
No phone till time

Don't leave the
bathroom till hair
and make up
are done

Add focus boost to
a smoothie for
extra fuel

Sit down with
breakfast and focus
on the big picture

Don't rush it -
take your time + get
something from it

Pack - Up

- Lunch
- Make sure you
have everything
for the day!

Morning Routine Review

Huangqi Zhang

Morning Routine Review:

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