

# morning Routine

- Wake up early.
- Drink a glass of water.
- Stretch and do some light exercise.
- Make your bed.
- Eat a nutritious breakfast.
- Take a shower and get dressed.
- Get organized for the day.
- Set goals and plan your day.

"Have a positive attitude and  
enjoy your day!"

## Morning Routine Usa

**Illinois. Military and Naval Department**

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