



Morning Routine

TO SET UP YOUR DAY FOR SUCCESS

- Don't check your phone for the first 15 minutes
- Journal 3 things you are grateful for
- Make your bed
- Drink 500 mL of water
- 5-10 minute stretch
- Brush your teeth & was your face
- Work out for 20 minutes
- Take a cold shower
- Meditate
- Take probiotics & vitamines
- Coffee time!
- Read an article about something you want to learn about while eating
- Review your schedule to check for meetings
- Write your to-do list for the day
- Get your day started! You got this!

JoannaPakier.com

Morning Routine Guide

Ahad Gill

Morning Routine Guide:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, Tender Moments: **Morning Routine Guide**. This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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