

Morning Routine



DESIGN YOUR MORNING ROUTINE BY INTEGRATING THESE NON-NEGOTIABLES.

NON-NEGOTIABLES:

1. **HYDRATE** - drink at least 8oz water as soon as you wake up
2. **MINDSET** - (affirmations, I am, new narratives, mantras, gratitude)
3. **BREATHWORK**
4. **PHYSICAL CHECK-IN**
5. **PRIORITIES CHECK-IN**

Example:

TIME	ACTION
6:00 AM	Wakeup
6:10 AM	HYDRATE - drink 12oz lemon water with probiotics
6:15 AM	Washup
6:30 AM	MINDSET – sit down for morning journaling <ul style="list-style-type: none">- 5 min gratitude writing- 2 min affirmations- 2-5 min journal dump if needed BREATHWORK – 15-20 min breathwork and meditation PRIORITIES CHECK-IN – write down my top 3 priorities today
7:00 AM	PHYSICAL CHECK-IN – a few stretches and twists. Will workout in evening
7:15 AM	Start my day

Morning Routine



MY MORNING ROUTINE:

TIME	ACTION