

MORNING ROUTINE SUCCESS BLUEPRINT

Date: _____ Wake Up Time: _____ Goal: High Productivity

PHASE 1: REACTIVATION

Hydrate (20oz Water)

0:00
[][]

Light Movement / Stretching

0:05
[][]

PHASE 2: MINDFULNESS

Meditation / Breathwork

0:15
[][]

Journaling / Gratitude

0:25
[][]

PHASE 3: EXECUTION

Review Top 3 Daily Priorities

0:35
[][]

Deep Work Session (90 Mins)

0:45
[][]

Observations & Energy Levels: