

MORNING WELLNESS HABITS

WEEK OF: _____ FOCUS: MIND & BODY BALANCE

DAILY RITUAL	M	T	W	T	F	S	S
Wake up without snooze							
Hydrate (16oz Water)							
Mindful Meditation (10m)							
Light Stretching / Yoga							
Nutritious Breakfast							
Journal / Gratitude List							
No Social Media < 1hr							

WEEKLY REFLECTIONS