

MORNING SUCCESS

WEEK OF: _____

TIME	HABIT / TASK	M	T	W	T	F	S	S
06:00 AM	Wake up & Hydrate (16oz Water)							
06:15 AM	Mindfulness / Meditation / Stretching							
06:45 AM	High Protein Breakfast							
07:15 AM	Personal Care & Hygiene Routine							
07:45 AM	Review Top 3 Goals for the Day							
08:00 AM	Deep Work Session (No Distractions)							

DAILY INTENTIONS & REFLECTIONS