

MORNING SUCCESS CHECKLIST

Date: _____

HABIT / ACTIVITY	GOAL TIME	DONE
Wake Up (First Alarm)	06:00 AM	
Hydrate (16oz Water)	06:05 AM	
Meditation / Mindfulness	06:15 AM	
Physical Movement / Exercise	06:30 AM	
Deep Work / Top Priority Task	07:30 AM	
Healthy Breakfast & Review Schedule	08:30 AM	
_____	____:____	

DAILY INTENTIONS & REFLECTIONS