

MORNING SUCCESS HABITS

WEEK OF: _____ GOAL: _____

HABIT / RITUAL	TIME	M	T	W	T	F	S	S
Wake Up / No Snooze	06:00							
Hydration (20oz Water)	06:05							
Mindfulness / Meditation	06:15							
Physical Movement / Stretch	06:30							
Deep Work / High Priority	07:00							
Healthy Breakfast	08:30							
Review Daily Schedule	09:00							

WEEKLY REFLECTIONS & NOTES: