

MORNING SUCCESS HABITS

Weekly Accountability Tracking

Week Of: _____

SUCCESS HABIT

M T W T F S S

Early Rise Wake up at 6:00 AM (no snooze)

Hydration Drink 500ml of water immediately

Mindfulness 10 mins meditation or deep breathing

Movement 20 mins yoga or light exercise

Deep Work Focus Define top 3 priorities for the day

Growth 15 mins of reading or education

WEEKLY GOAL

REFLECTIONS & WINS