

MORNING SUCCESS HABITS

WEEK OF: _____ GOAL: _____

HABIT DESCRIPTION	MON	TUE	WED	THU	FRI	SAT	SUN
Wake up by 6:00 AM							
Hydrate (500ml Water)							
Meditation / Deep Breathing							
Physical Exercise (20m)							
Review Top 3 Priorities							
Healthy Breakfast							
Reading / Learning (15m)							

WEEKLY REFLECTION & NOTES