

MORNING MOMENTUM

Hydrate & Meds Full glass of water immediately

0:00

Make Bed Visual reset for the room

+0:05

High-Protein Fuel No decision making, stick to habit

+0:15

Self Care Shower, teeth, skincare

+0:30

Top 3 Intentions Write down main goals for today

+0:45

Launch Pad Check Keys, phone, wallet, bag

+0:55

DAILY FOCUS / DOPAMINE SPARK