

DAILY MORNING ROUTINE

WEEK OF: _____

ACTIVITY / HABIT	M	T	W	T	F	S	S
06:00 AM Wake Up & Hydrate							
06:15 AM Meditation / Deep Breathing							
06:30 AM Physical Movement / Stretch							
07:00 AM Personal Growth / Reading							
07:30 AM Healthy Breakfast							
08:00 AM Plan Top 3 Priorities							

WEEKLY INTENTIONS & REFLECTIONS