

MORNING ROUTINE

WEEK OF: _____

06:00 AM

Wake Up & Hydrate

06:15 AM

Meditation / Deep Breathing

06:30 AM

Light Exercise / Stretching

07:00 AM

Shower & Skincare

07:30 AM

Healthy Breakfast

08:00 AM

Review Daily Goals

08:15 AM

Commute / Start Work

FOCUS / INTENTIONS