

DAILY MORNING RITUAL

WEEK OF: _____ WAKE UP GOAL: _____ AM

RITUAL / HABIT	TIME	M	T	W	T	F	S	S
Hydrate (500ml Water)	0:05							
Meditation / Deep Breathing	0:10							
Movement / Stretching	0:20							
Journaling / Gratitude	0:10							
Focused Deep Work	1:00							