

EARLY MORNING RITUAL SUCCESS CHART

WEEK OF:
INTENTION:

RITUAL / HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
Wake up at: _____							
Hydration (500ml+)							
Movement / Stretching							
Meditation / Stillness							
Deep Work Session							
Healthy Breakfast							
No Screen Time (First 60m)							

WEEKLY REFLECTIONS & WINS