

MORNING RITUAL

Date: _____

Hydrate (500ml Water) 0:05 mins

Make the Bed 0:03 mins

Meditation / Deep Breathing 0:10 mins

Movement / Stretching 0:15 mins

Journaling / Planning 0:10 mins

Healthy Breakfast 0:20 mins

Skincare / Hygiene 0:15 mins

Top Priority Work Task 0:45 mins

DAILY INTENTION & NOTES