

# MORNING ROUTINE CHECKLIST

CREATE YOUR PERFECT MORNING ROUTINE BY CHOOSING A MIXTURE OF ACTIONS FROM THE CHECKLIST BELOW

## ROUTINES FOR HEALTH

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|--|--|
| <input type="checkbox"/> Drink a full glass of water | <input type="checkbox"/> Get some sunlight             |
| <input type="checkbox"/> Wake up early               | <input type="checkbox"/> Eat a healthy breakfast       |
| <input type="checkbox"/> Do a yoga practice          | <input type="checkbox"/> Take your vitamins            |
| <input type="checkbox"/> Fit in an exercise session  | <input type="checkbox"/> Dance to your favourite songs |
| <input type="checkbox"/> Take a cold shower          | <input type="checkbox"/> Take an early morning walk    |

## ROUTINES FOR MIND

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|--|---|
| <input type="checkbox"/> Repeat positive affirmations    | <input type="checkbox"/> Spend time on a hobby    |
| <input type="checkbox"/> Practice meditation             | <input type="checkbox"/> Go screen free           |
| <input type="checkbox"/> Write in a journal              | <input type="checkbox"/> Make your bed            |
| <input type="checkbox"/> Set your intentions for the day | <input type="checkbox"/> Practice gratitude       |
| <input type="checkbox"/> Listen to music                 | <input type="checkbox"/> Visualise your day ahead |

## ROUTINES FOR PRODUCTIVITY

- |  |   |
|--|---|
| <input type="checkbox"/> Prioritise important tasks          | <input type="checkbox"/> Review your weekly diary |
| <input type="checkbox"/> Read something that feeds your mind | <input type="checkbox"/> Listen to a podcast      |
| <input type="checkbox"/> Prep your day the night before      | <input type="checkbox"/> Do a brain dump          |
| <input type="checkbox"/> Tidy your environment               | <input type="checkbox"/> Plan your 6 month goals  |
| <input type="checkbox"/> Work on your first task of the day  | <input type="checkbox"/> Learn something new      |

I AM BRAZEN SPIRIT